
NCA Coaches Clinic- Battle Creek Practice Room: System of progress/peaking

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◆ I. Welcome & Introduction

- Overview of 2 sessions: The How/Why we do things the way we do.
- Brief background on Battle Creek Wrestling
- Philosophy & Mission Statement
- Overview of clinic goals:
 - Share our room layout
 - Explain our program-wide/season-long development system
 - Peaking phase

◆ II. Practice Room Setup

- **A. Physical Layout**
 - **B. Room Culture**
 - **C. Equipment & Tools**
 - **D. Coach Responsibilities**
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◆ III. System for Progress

- A. Season Phases Breakdown
 - Pre-Season (Oct–Nov)
 - Early Season (Nov–Dec)
 - Mid-Season (Jan)
 - Late Season/Peaking (Feb–Mar)
 - B. Practice Template
 - 1- Weekly planning and daily examples
 - Early season practice example: **Practice 4 24-25**
 - Mid season practice example: **Practice 34 23-24**
 - Late season practice example: **Practice 47 23-24**
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◆ IV. Peaking System: How We Peak Athletes

- A. Tapering Strategy...It's certainly evolved from my younger years!
 - B. Mental Peaking
 - C. Technical & Tactical Peaking
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◆ V. Weight Program

- A. School Program
- B. Wrestling-Specific Program

◆ VI. Questions