



TO: Athletic Director, Head Wrestling Coach, Certified Trainers & Assessors

FROM: Dean Visser, AIA Wrestling Coordinator

DATE: September 9, 2011

RE: WRESTLING WORKSHOP

PLEASE NOTE: If your school does not have a wrestling program, please disregard this memo.

There is no charge for this workshop. Please RSVP to this e-mail with the names of participants attending as well as which workshop you will be attending.

Phoenix Workshop: Monday, September 26, 2011  
 AIA: 7007 N. 18th Street, Phoenix, AZ 85020 (NW corner of Glendale Ave. & Hwy. 51).  
 Registration will begin at 1:30 p.m. Presentation will begin at 2:00 p.m. We should conclude the workshop by 4:00 p.m.

Tucson Workshop: Monday, September 26, 2011  
 Tucson High: 400 N. Second Ave. Tucson, AZ 85705  
 Registration will begin at 6:00 p.m. Presentation will begin at 6:30 p.m. We should conclude the workshop by 8:00 a.m.

Flagstaff Workshop: Tuesday, September 27, 2011  
 Flagstaff High: 400 W. Elm Avenue. Flagstaff, AZ 86001  
 Registration will begin at 1:30 a.m. Presentation will begin at 2:00 p.m. We should conclude the workshop by 4:00 p.m.

The topics will include the following:

- Optimal Performance Calculator
- Creating a Pre Match Weigh-In Form
- Record Actual Weigh-In Weights Post-Match
- Panel to respond to questions from the floor

The panel will consist of a Certified Trainer, AIA representative and a NWCA representative.

The AIA is looking forward to hearing from you. Thank you for your attention to this request. If you have any questions; please contact Dean Visser at [dvisser@aiaonline.org](mailto:dvisser@aiaonline.org) or 602-385-3821.

Name of School: \_\_\_\_\_

Participants Names: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 3. \_\_\_\_\_ 4. \_\_\_\_\_