

A G E N D A

National Collegiate Athletic
Association

2015 Wrestling Summit Agenda

NCAA National Office
Palmer Pierce Room

July 20-21, 2015
8 a.m. Eastern Time

1. Welcome, overview, and introductions. (Brian Hainline – 25 minutes)
 - a. Purpose.
 - b. Guiding questions.
2. The Epidemiology of injuries in United States amateur wrestling. [Supplement No. 1]
(Dustin Currie, Tom Dompier and Zack Kerr – 25 minutes, discussion – 20 minutes)
3. The Academic Habits and Substance Use Habits of NCAA Wrestling Student-Athletes.
(Lydia Bell and Tom Paskus – 20 minutes, discussion – 15 minutes)

MORNING BREAK

4. Musculoskeletal injuries in wrestling: Physician perspective (Rick Wilkerson – 15 minutes, discussion – 15 minutes)
5. Concussion in the sport of wrestling: Physician perspective (Andrew Smith – 15 minutes, discussion, 15 minutes)
6. Survey of NCAA coaches. (Emily Kroshus – 15 minutes, discussion – 15 minutes)

7. Coach perspective on health & safety issues in wrestling. (Panel-Mark Cody, Todd Hibbs, Kerry McCoy and Mike Moyer – 20 minutes, discussion – 20 minutes)

LUNCH

8. The realities of injury diagnosis and management: Practice v. Competitive setting. [Supplement No. 2] (Panel- Jack Foley, Shelby Hoppis, Mark Laursen and Jim Thornton – 20 minutes, dicussion 20 minutes)
9. Infection control in wrestling [Supplements No. 3 and 4]
 - a. Diagnosis and management of skin infection in wrestling athlete. (BJ Anderson – 25 minutes)
 - b. Personal and environmental measures for infection control. (Randy Martin – 25 minutes)
 - c. Discussion. (35 minutes)

AFTERNOON BREAK

10. Nutrition, hydration, and weight management in the wrestling athlete: A proposal. [Supplements No. 5 and 6] (Victoria Rosenfeld and Clint Wattenburg - 45 minutes, discussion 45 minutes)
11. Periodization, rest, and recovery. (Brandon Siakel – 20 minutes, discussion – 20 minutes)

RECEPTION & DINNER

DAY TWO

12. Early specialization and the continuum of athlete development. (Michael Clayton – 20 minutes, discussion 25 minutes). Break-out group sessions.
 - a. Group One: Rules & operations review. (Moderator: TBD)
 - b. Group Two: Weight management and nutrition strategies. (Moderator: TBD)
 - c. Group Three: Infection control and facility management. (Moderator: TBD)
 - d. Group Four: Strategies for a more integrated and healthy wrestling development model in the United States. (Moderator: TBD)
13. Break-out group presentations and integration. (All – 90 minutes)
14. Expectations, commitments, and next steps. (Hainline)
15. Adjournment.