AGENDA

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)

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, discussion 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

   
   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.