

Wrestling Canada Lutte (WCL) “Top-Tier Fundamentals”

Webinars planned for December of 2023

Overview

Top-Tier Fundamentals is a series of webinars that explore how the basic techniques of wrestling are used at the highest levels of competition. The presenter will be David Lopez-Gonzalez. A coach and a published researcher, David is the performance analyst for the Wrestling Canada Lutte national team program. In addition, he is also both a learning facilitator and an evaluator for the Competition – Development NCCP program.

This presentation will be given twice, once during the week and once on a weekend.

Schedule

Topic: Sweep single, the most common leg attack in modern Freestyle Wrestling		
Course code: 2023-12-PD1		
Registration deadline: Friday, December 1st at 9:00 AM Eastern Standard Time		
<i>Date</i>	<i>Time</i>	<i>Time Zone</i>
Dec. 3rd (Sun.)	10:00 P.M. to 10:45 P.M.	Eastern Standard Time

Topic: Sweep single, the most common leg attack in modern Freestyle Wrestling		
Course code: 2023-12-PD2		
Registration deadline: Tuesday, December 5th at 9:00 AM Eastern Standard Time		
<i>Date</i>	<i>Time</i>	<i>Time Zone</i>
Dec. 6th (Wed.)	10:00 P.M. to 10:45 P.M.	Eastern Standard Time

Language

The webinar will be offered in English.

Registration and Payment

This is a pilot program that is running in November and December, so there is no cost to WCL members.

To register, use this online form: <https://8hgngy72pbm.typeform.com/to/gVk5CXTi>

Connection Information (Zoom)

The connection information for the Zoom meeting rooms will be sent at least 24 hours prior to the start of the first scheduled session.

Video Conferencing Notes

The following will help make your workshop experience smoother. Later on in this document you will find the workshop schedules and the connection information for each day.

1. Use the Zoom links on the next page to ensure that you are familiar with the software.
2. **Connect 10-15 minutes early** to give yourself time to verify that everything is in order and that your sound and video are working properly;
3. Use earbuds or headphones;
4. Have a phone and charger available in case you cannot connect to the Zoom audio channel with your computer's microphone and speakers;
5. Your experience with the Zoom meeting can be affected if there are other people who are at the same location as you and are streaming video or using online video games ;
and
6. If you are using a VPN, that may also affect your Zoom experience.

Using Zoom

We have included some quick and easy articles from Zoom on how to connect to a meeting as a participant below. Please review them prior to the training session.

7. Zoom provides a Test Meeting room that you can use to get familiar with the software:
<https://support.zoom.us/hc/en-us/articles/115002262083-Joining-a-Test-Meeting>
8. Learn more about joining a Zoom meeting here:
<https://support.zoom.us/hc/en-us/articles/201362193>
9. Learn more about testing your built-in computer or mobile device audio:
<https://support.zoom.us/hc/en-us/articles/201362283-How-Do-I-Join-or-Test-My-Computer-Audio->
10. Learn more about joining by phone:
<https://support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone>
11. Sharing your screen in Zoom:
<https://support.zoom.us/hc/en-us/articles/201362153-Sharing-your-screen>

Documents and Recordings

There are **no** documents to download for these webinars. There will also be no recording or course materials shared afterwards. *We are looking at providing a quick summary to all participants after the presentation.*