

FILA Junior Development Program



Developing Tomorrow's Olympians Today!

The FILA Junior Development Program is focused on building a foundation for success. Athletes learn freestyle techniques, nutrition and sports psychology tips from USAW and US Olympic Committee staff. Now's your time to become a part of TEAM USA and train with the top athletes and coaches in the country!

The FILA Junior Development Program takes place throughout the school year. There are two, four day development program camps in which athletes work with National Coaches and Volunteer Coaches. Athletes are responsible for camp fee and transportation to and from camps. These camp dates and locations for the 2014-2015 year can be found on the back of this sheet. There are two development tours each year in order to for athletes to gain international experience. In the 2013-2014 program, athletes attended the Lady Klippan Open in Klippan, Sweden as well as the Grand Prix of Spain in Madrid, Spain. Athletes receive funding for participation in these tours by attending camp. Camp and tour information will be sent out to the email to each athlete and parent/guardian.

Funding Structure

- Body Bar Champions who attend both development camps earn two fully funded development tours
- Body Bar Runner Ups who attend both development camps earn one fully funded development tour
- Body Bar Third Place Finishers who attend both development camps earn 1/2 funding for one development tour
- **Attending less than two camps will result in no funding.**

USA WRESTLING WOMEN'S STAFF

TERRY STEINER

NATIONAL HEAD COACH

ERIN TOMEO

FILA CADET NATIONAL HEAD COACH

SEIKO NAGASHIMA

FILA JUNIOR NATIONAL HEAD COACH

EMMA RANDALL

ASSISTANT TO WOMEN'S PROGRAMS

CINDY BATHOLT

WOMEN'S PROGRAM COORDINATOR



2014-2015 Tentative Junior Development Schedule

October 2-5, 2014
US Olympic Training Center
Colorado Springs, CO

December 27-30, 2014
Arizona State University
Phoenix, Arizona

February 10-18, 2015
Lady Klippan Open
Klippan, Sweden

July
Grand Prix of Spain
Madrid, Spain

**All dates and locations are subject to change.*

**For more information or to get involved, please contact Jose Quintana at
wfs@usawrestling.org.**