

2015 Wrestling Coaches Clinic

Hosted by

Oklahoma State University Wrestling

Date: October 16-18, 2015

Location: Gallagher -Iba Arena

Pre-registration: 1st Coach—\$175/Additional Coaches—\$125ea

Registration after October 10th: 1st Coach—\$200/Additional Coaches—\$150ea

Accepted payment: Cash, Check, or Purchase Order



OSU Wrestling
460 Athletics Center
Stillwater, OK 74078
www.okstate.com

Contact us with any questions!
Phone: 405-744-4541
Fax: 405-744-1763
E-mail: osu.wrestling@okstate.edu or
brandy.baker@okstate.edu

2015 Wrestling Coaches Clinic

General Information

Tentative Schedule:

Friday, October 16th

3:00pm – 6:00pm
3:30pm – 6:00pm
6:00pm – 8:30pm
9:00pm

Registration
Observe OSU Wrestling Practice (optional)
Seminar/Technique
Social

Saturday, October 17th

8:30am – 9:00am
9:00am – 12:00pm
12:00pm – 1:30pm
1:30pm – 5:00pm
5:00pm – 6:30pm
6:30pm – 8:30pm

Late Registration – Wrestling Room
Seminar/Technique
Lunch (provided)
Seminar/Technique
Dinner (provided)
Seminar/Technique

Sunday, October 18th

9:00am – 12:00pm Seminar/Technique

Tentative Seminar Topics

- Speed, Strength, & Condition Training for Wrestling
 - Pivotal Point in Wrestling
 - Freestyle & Greco Program Development
 - Foundation - Youth Development
 - NCAA Eligibility
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Presenters & Technicians

John Smith
Eric Guerrero
Zack Esposito
Chris Perry
Cayle Byers
Jon Morrison
Frank Perrelli

Hotel Recommendations

Microtel Inn & Suites - 405.372.7100
“Wrestling Clinic Rate” - Double \$85.00+tax, suites 95.00+tax
Reserve by Thursday, October 1st to receive group rate.

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Registration Form

Registration, seminars, and technique sessions will take place inside historic Gallagher-Iba Arena. Clinic registration will take place on Friday afternoon from 3:00pm - 6:30pm in the NW Lobby & Saturday morning from 8:00am to 9:00am in the Cowboy Wrestling Room.

Registration Fee & Payment Information:

- First Coach: (registered by October 10th) \$175 / (after Oct. 10th) \$200
- Additional Coaches: (registered by October 10th) \$125.00 each / (after Oct. 10th) \$150
- Includes 2 Meals & clinic materials
- Cash or Check only. School POs are accepted.
- Make checks payable to: Cowboy Wrestling Club

First Coach:

Name: _____

School/Club Name: _____

School/Club Address: _____

School/Club Phone: _____ Cell Phone: _____

Email: _____

Additional Coaches:

of Additional Coach: _____

Names: _____

Email Addresses : _____

Return Registration Forms by:

Fax — 405.744.1763

Email — brandy.baker@okstate.edu

Mail — OSU Wrestling/Fall Clinic

460 Athletics Center

Stillwater, OK 74078

Date Registration Received	Payment Type: Cash / Check / PO Invoice Needed: Y or N	Check In: Y or N Receipt: Y or N
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