

SAVE THE DATE

2016 WRESTLING COACHES CLINIC

hosted by

Oklahoma State Wrestling & Cowboy Wrestling Club

Oct. 21-23, 2016
Gallagher-Iba Arena
Stillwater, OK

Pre-registration: 1st Coach-\$175/Additional Coaches-\$125ea
After Oct. 17th: 1st Coach -\$200/Additional Coaches-\$150ea

Accepted payment: Cash, Check or Purchase Order

Make checks payable to: Cowboy Wrestling Club



Contact us with any questions!

P: 405.744.4541

F: 405.744.1763

E: brandy.baker@okstate.edu

OSU Wrestling / Fall Clinic / 460 Athletics Center / Stillwater, OK / 74078



2016 WRESTLING COACHES CLINIC

GENERAL INFORMATION

TENTATIVE SCHEDULE

Friday, October 21st

3:00 p.m. - 6:00 p.m.	Registration NW LOBBY - GIA
3:30 p.m. - 5:00 p.m.	Observe Practice WRESTLING ROOM - GIA
6:00 p.m. - 8:30 p.m.	Seminar/Technique WRESTLING ROOM - GIA
9:00 p.m.	Social ESKIMO JOE'S

Saturday, October 22nd

8:30 a.m. - 9:00 a.m.	Late Registration NW LOBBY - GIA
9:00 a.m. - 12:00 p.m.	Seminar/Technique WRESTLING ROOM - GIA
12:00 p.m. - 1:30 p.m.	Lunch (provided) CONCOURSE LEVEL - GIA
1:30 p.m. - 5:00 p.m.	Seminar/Technique WRESTLING ROOM - GIA
5:00 p.m. - 6:30 p.m.	Dinner (provided) HIDEAWAY PIZZA
6:30 p.m. - 8:30 p.m.	Seminar/Technique WRESTLING ROOM - GIA

Sunday, October 23rd

9:00 a.m. - 12:00 p.m.	Seminar/Technique WRESTLING ROOM - GIA
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TENTATIVE SEMINAR TOPICS

- Speed, Strength & Condition Training for Wrestling
 - Health & Safety of Student Athletes
- Freestyle and Greco Program Development
- Youth Wrestling - Providing a Foundation
 - NCAA Eligibility & Academics

PRESENTER & TECHNICIANS

John Smith

Tyler Caldwell
Alex Dieringer
Zack Esposito
Eric Guerrero
Chris Perry

HOTEL RECOMMENDATIONS

Home2 Suites by Hiton Stillwater

306 E Hall of Fame Ave, Stillwater, OK 74075

P: 405.372.2550

Singles and doubles - \$119.00 + tax

all rooms come with a full-sized sleeper sofa

For group rate, call hotel & reference the "Wrestling Coaches Clinic" by October 11th.

CONTACT INFORMATION

OSU Wrestling - Fall Clinic

460 Athletics Center, Stillwater, OK 74078

P: 405.744.4541 - F: 405.744.1763

E: brandy.baker@okstate.edu

Gallagher-Iba Arena
Stillwater, OK 74075
877.227.6773
okstate.com

Eskimo Joe's
501 W Elm Ave
405.372.8896
eskimojoes.com

Hideaway Pizza
230 S Knoblock St
405.372.4777
thehideaway.net



2016 WRESTLING COACHES CLINIC

REGISTRATION FORMS

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

REGISTRATION FEE & PAYMENT INFORMATION:

- PRE-REGISTRATION: 1ST COACH - \$175 / ADDITIONAL COACHES - \$125EA
- AFTER OCT. 17TH: 1ST COACH - \$200 / ADDITIONAL COACHES - \$150EA
- INCLUDES 2 MEALS AND CLINIC MATERIALS
- ACCEPTED PAYMENT: CASH OR CHECK ONLY. SCHOOL POs ARE ACCEPTED.
- MAKE CHECKS PAYBLE TO: COWBOY WRESTLING CLUB

FIRST COACH:

NAME: _____
SCHOOL/CLUB NAME: _____
SCHOOL/CLUB ADDRESS: _____
SCHOOL/CLUB PHONE: _____ CELL PHONE: _____
EMAIL: _____

ADDITIONAL COACHES:

OF ADDITIONAL COACHES: _____
NAMES: _____
EMAIL ADDRESSES: _____

RETURN REGISTRATION FORMS BY:

MAIL: OSU WRESTLING
FALL CLINIC
460 ATHLETICS CENTER
STILLWATER, OK 74078

FAX: 405.744.1763
EMAIL: BRANDY.BAKER@OKSTATE.EDU

FOR OFFICE USE:

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

