

JERSEY FRESH

WRESTLING

Presents the
Cael Sanderson Wrestling Clinic
at Rider University

Saturday, May 8, 2010
12:00 - 3:30 p.m.



Cael Sanderson

- 2004 Olympic Gold Medalist
- 2003 World Silver Medalist
- First Undefeated, Four-Time Wrestling Champion in NCAA History (1999-2002)
- Head Coach, Penn State University

Doug Umbehauer

- 2010 University Freestyle National Finalist
- 2009 NCAA Division I All American, 3rd
- 2006 Midlands Finalist, 3rd 2008



- **12:00 - 1:00 p.m. - Doug Umbehauer**
Technique
- **1:00 - 3:30 p.m. - Cael Sanderson**
Technique
Q & A Discussion

Admission: \$25 per person at the door

(609) 896-5201 or jhangey@rider.edu for more details