

3rd Annual Clarion Wrestling Coaches Clinic

CHAMPION NUTRITION

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2009 WORLD SILVER MEDALIST
Jake Herbert



Featured Clinician

Jake Herbert

- 2009 World Silver Medalist
- 2x NCAA Champion, 4x AA
- 2009 Hodge Trophy Winner
- 2009 US Open Freestyle Champion and Outstanding Wrestler
- 2009 US World Team Member
- University World Bronze Medalist
- PA High School State Champ

Teague Moore

- Clarion University Head Coach
- Assistant Coach at Harvard, Pitt, Oklahoma & Oklahoma State
- NCAA Champion, 3x AA
- US Open Freestyle Champion
- University World Champion

Cary Kolat

- Club Director, Team Kolat
- 2x NCAA Champion, 4x AA
- 2x World Medalist
- 4x World/Olympic Team Member
- Cadet World Champion
- 4x PA High School State Champ

Wrestlers Welcome!

Wrestlers will be able to drill & wrestle live under the supervision of the Clarion University coaching staff & team during coaching-specific session times. All wrestlers will be Saturday-only at a HALF-PRICE Wrestlers Clinic special rate. Wrestlers will still receive meals, clinic t-shirt & the free 30-day trial & discount membership on Kolat.com.

Friday Nov. 13th

3:30-5:00pm Registration (Tippin Gym)
 4:00-6:00 Dinner
 6:00 Blue/Gold Match
 9:00-11:00 Social (Holiday Inn)

Saturday Nov. 14th

8:30-10:30am Session I
 10:30-12:00 Brunch
 12:00-2:00pm Session II
 2:30-4:00 Session III
 4:00-6:30 Dinner

Coaches will receive:

- Technique Instruction
- Free 30-Day Trial & Discount Membership on Kolat.com
- Training Instruction Packets
- Weight Certification Insight
- Strength & Conditioning Tips
- Training Drills & Instruction
- NCAA Clearinghouse Insight

Registration

Name: _____ School: _____

Address: _____ Email: _____

Phone: _____

Packages:

- A - All Sessions: Includes B/G, social, all sessions, meals & hotel room*
- B - Commuter: Includes B/G, social, all sessions and meals
- C - Saturday Only: Includes all Saturday sessions and meals
- D - WRESTLERS CLINIC SPECIAL RATE

Registered by mail	Register onsite
\$175.00	not available
\$125.00	\$135.00
\$100.00	\$110.00
\$50.00	\$55.00

*Roommate request: _____ T-Shirt Size: YS YM YL S M L XL XXL

Please make checks payable to "CSA" and mail along with completed registration to:

Wrestling Office, Clarion University, 107 Tippin Gym, Clarion PA 16214

For more information, please call the Clarion University Wrestling Office at 814-393-2455.