



Wisconsin Coaches Fall Wrestling Clinic Hosted by UW Oshkosh

In collaboration with the Wisconsin Wrestling Coaches Association/Wisconsin Wrestling Federation, on October 19th at 9am, the **University of Wisconsin-Oshkosh** coaching staff will be hosting a clinic for all local area wrestling coaches. The clinic is free and open to coaches of all age levels.

The clinic will consist of drills and techniques that the **University of Wisconsin-Oshkosh** uses during practice. We will also have a question and answer session at the end.

To be included

- Basic Drilling
- Nutrition
- Live Wrestling
- Position Drills
- Strength and Conditioning

Check in will be at 8:45am in the Kolf Sports Center.
785 High Ave, Oshkosh, WI 54901

Please RSVP by Oct. 14th to

ayalae@uwosh.edu