



Wisconsin Coaches Fall Wrestling Clinic Hosted by UW La Crosse

In collaboration with the Wisconsin Wrestling Coaches Association/Wisconsin Wrestling Federation, on October 19th at 9am, the **University of Wisconsin-La Crosse** 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-La Crosse 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
- Peaking at the right time of the season

Check in will be at 8:45am in the Mitchell Hall Fieldhouse.
1820 Pine Street, La Crosse Wi 54601

Please RSVP by Oct. 14th to
dmalecek@uwlax.edu