



# Folkstyle to Olympic Style Clinic/NHSCA Training Day

March 12, 2017

Hanover High School  
10307 Chamberlayne Rd  
Mechanicsville, VA 23116

## Featuring:

**Jon Anderson**– 2015 Pan American Games Champion; 3X US World Team Trials runner-up; 2X Bill Farrell International Champion; 2014 CISM Military World International Champion

**Keith Wilson**– Multiple time World Team coach for US Women's World & Olympic Teams; 2010 Women's Coach of the Year by USA Wrestling; Former Greco-Roman Team USA member; Former Sunkist Kids club coach

**Current Division 1 Wrestlers:** **Sahid Kargbo** (2015 Jr. World Team Member, 2017 NCAA National Championships Qualifier); **Ibrahim Bunduka** (2017 NCAA National Championships Qualifier)

**VAWA Staff:** Larry Allen, Sonny Close, Nathan Coburn, Ross Gitomer, Bryan Hazard, Roy Hill, Rob Prebish, and more

## This Clinic is for: HS ATHLETES and COACHES

8:30-9:00	Registration and Check-in
9:00-10:15	Technique/Positional emphasis led by Guest Clinicians, Virginia Coaches Coordinator and Team Virginia Coaches
10:15	Water Break
10:20-11:00	Situational Wrestling
11:00-11:45	Lunch Break
12:00	Warm up
12:15-1:15	Group Breakout Sessions—Clinicians will teach their area of expertise in segments w/ groups rotating through each clinician & coach
1:15-2:00	Live Wrestling
2:00	Cool down and conclusion

**Cost:** \$12.00 for returning NHSCA or Fargo All-Americans

\$15.00 for returning National Team Members with USAW Full or High Performance Membership

\$20.00 for athletes holding a USAW Full or High Performance Membership

\$40.00 for athletes holding a USAW Folkstyle Membership

NOTE: Athletes from other states are welcome - \$40.00

Free for all coaches with active VAWA membership and all members of the VAWCA

Become a Member [http://www.virginiawrestling.com/news\\_article/show/586834?referrer\\_id=940928](http://www.virginiawrestling.com/news_article/show/586834?referrer_id=940928)

\$15.00 for all other coaches

Online Registration for all is available at [www.totalcamps.com/VAWA](http://www.totalcamps.com/VAWA)