

CLIFF KEEN ATHLETIC and **WORLDWIDE SPORT SUPPLY** present the



FREE NORTHEAST COACHING CLINIC

SPONSORED BY



Saturday, October 24th & Sunday, October 25th, 2009
Johnson City High School, 666 Reynolds Road, Johnson City, NY 13790

INSTRUCTORS/CLINICIANS:

JEFF BUXTON

Blair Academy (NJ)

- Rated #1 Scholastic Dynasty Program of the Decade (1991-2001)
- Eight-time National Champions
- USA Wrestling Lifetime Achievement Award

PETE CAPONE

Johnson City High School (NY)

- Three-Time NYS Team Champions (99', 03', 06')
- Produced Six NYS Champions & Three National Champions
- Produced 36 NYS Place-winners

SCOT DAVIS

Owatonna High School (MN)

- The Winningest Coach in Amateur Wrestling History!
- 903-135-4 Dual Meet Record
- 2007 USA Wrestling's National Coach of the Year

ROY HALL

Davison High School (MI)

- Six-time Michigan State Champions
- Produced two NCAA champions & 7 all-Americans
- 2005 National Coach of the Year

MIKE KRAUSE

Team Worldwide/ NXT LVL Wrestling Academy

- PREMIER YOUTH WRESTLING COACH IN THE COUNTRY
- Two-time Michigan Youth State Champions
- As Seen on Flowrestling.org "BRING THE HEAT"

SPECIAL GUEST:

PAT SANTORO

Head Coach- Lehigh University (PA)

- Team Rated as High as #7 Nationally
- 2x NCAA Champion (Univ. of Pittsburgh)
- 4x NCAA All-American (Univ. of Pittsburgh)

ITINERARY: (subject to change)

SATURDAY, OCTOBER 24

4:30pm - 5:00pm

CHECK-IN / REGISTRATION

5:00pm - 6:00pm

SESSION I (Scot Davis / Pete Capone) FUNDRAISING FOR YOUR PROGRAM

6:00pm - 7:30pm

SESSION II - TAKEDOWNS & DRILLS

Hand-Fighting, Set-ups, Clearing the Head Situations (Jeff Buxton / Pat Santoro)
Scoring from a Front Headlock (Roy Hall / Mike Krause)

7:30pm - 8:30pm

SESSION III (Pete Capone) RIDING AND DEFENDING LEGS

9:00pm

COACH'S SOCIAL sponsored by Worldwide Sport Supply

SUNDAY, OCTOBER, 25

8:30am - 9:30am

SESSION IV (Mike Krause) COACHING AT THE YOUTH LEVEL

9:30am - 10:30am

SESSION V (Scot Davis) ESCAPES / REVERSALS & DRILLS Creating Motion, Live Drills (to include the Owatonna Short Sit Series)

10:30am - 11:45am

SESSION VI - PREVENTING SKIN DISEASES (Defense Soap) - NUTRITIONAL INFORMATION (Applebooster) - LOGGING YOUR ATHLETE'S TRAINING (Session 6) - SPORT-SPECIFIC TRAINING (www.wrestlersstrength.com)

11:45am - 12:45pm

LUNCH - (on your own)

SUNDAY, OCTOBER, 25 (continued)

12:45pm - 1:45pm

SESSION VII (Jeff Buxton / Pat Santoro) TURNS / TILTS & DRILLS Breakdowns / Riding Drills, Turns / Tilts, Live Drills

1:45pm - 3:00pm

SESSION VIII (Scot Davis / Roy Hall) PRACTICE ORGANIZATION / PEAKING IN YOUR SEASON

3:00pm - 3:30pm

SESSION IX (Jeff Buxton) BUILDING YOUR PROGRAM INTO A PERENNIAL POWER

3:30pm - 4:00pm

SESSION X Q & A, FREE SAMPLES BY VENDORS

HOTEL ACCOMMODATIONS - Best Western Regency, Johnson City @ \$99.99 / Night

Address: 569 Harry L. Drive,

(Mention Fall Wrestling Coaches Clinic)