



The Ohio State University,
OHSA, and Ohio H.S. Wrestling
Coaches Association Presents

The 2008 Wrestling Coaches' Clinic



At The Ohio State University

St. John Arena
October 16-17, 2008

Dear Coach,

Please join the Buckeye Wrestling Staff, and your colleagues for the Annual **Ohio High School Coaches Clinic** on the Campus of **The Ohio State University**. The two-day event has been re-structured to accommodate many of the requests of the Ohio High School Coaches Association. We feel this new structure will provide coaches with more learning opportunities in the various areas that are necessary to build a winning program.

Our featured clinician on Thursday evening at 6:30pm will be Lincoln McClravy, one of the greatest college wrestlers of all time. Lincoln is a 3x NCAA Champion, 4x All-American, 3x Big-Ten Champion, NCAA Outstanding wrestler, and Olympic Bronze Medalist. Lincoln completed two college seasons undefeated and holds the second best winning percentage in the University of Iowa wrestling history.

Along with the clinic, this is a site to certify for the State Rules Interpretation Meeting. The Meeting will be Friday at 8:30am. Ohio State wrestle offs will take place Thursday night at 8:00pm and will be free to all coaches who attend the Coaches' clinic.

We are pleased to once again be hosting the largest High School and Junior High School wrestling coaches' clinic in the country. The success Ohio Wrestlers have at all levels is a reflection of the commitment and hard work you put into your individual programs!

Hopefully, you can join us on October 16th and 17th. We are looking forward to another great clinic.

OSU Coaching Staff

2008 Ohio State Coaches Clinic Schedule

Thursday, October 16, 2008

4:00pm-8:00pm Registration – St. John Arena (NE side)
Coaches that Register after 8pm should call (908) 403-2238

Schedule: Session I

| | |
|--------------|---|
| 5:30pm | Coaches Hall of Fame Committee (W Recruiting Room) |
| 6:30-7:45 pm | Session A: Lincoln McClravy |
| 7:45-9:15pm | Session B: tOSU Wrestle-offs (St. John Arena) |
| 9:15-11:30pm | Coaches Social – Huntington Club (Enter West Side Stadium) |

This clinic is intended for **COACHES ONLY!** Members of high school teams may only attend the Ohio State Wrestle-offs! \$20.00 of the registration fee is for membership in the Ohio Wrestling Coaches Association. The advance total registration fee is \$120. The late registration fee (all registration postmarked after September 26, 2008) is \$130 per coach.

Friday, October 17, 2008

7:30-8:30am Breakfast- St. John Arena (coffee, bagels, juice, doughnuts)
7:30-8:30am Registration- St. John Arena (For Coaches who have not registered or checked in)

Schedule: Session II: Coaches are encouraged to come out on mats.

| | |
|----------------|---|
| 8:30-9:15am | State Rules Interpretation Meeting – OHSA Coaches Associations Meeting with OHSA Representatives "State Wrestling Announcements" |
| 9:15-9:45am | |
| 10:00-10:45am | Session A: Lincoln McClravy (Drills for Success) Tom Ryan (Planning your Season) |
| 11:00-11:45am | Session B: Alex Picazo (Strength) Joe Heskett (Drills for Success) |
| 12:00- 12:30pm | Session C: Tom Mitchell (Compliance Issues & Recruitment) Alex Picazo (Strength) |
| 12:45-1:00pm | Session D: Question and Answer with Buckeye Staff & Athletes Lunch-St. John Arena |
| 1:00-1:45pm | |

Schedule: Session III

| | |
|-------------|---|
| 1:45-2:30pm | Session A: Lou Rosselli (Freestyle offense and defense) |
| 2:30-3:30pm | Session B: Ohio State Wrestling Team Drill Session (St. John Arena) |

Cut Here and Mail before Sept 26th

Name _____ Head Coach _____ Asst _____ Youth _____

Name of School _____

Home Address _____

City _____ State _____ Zip _____

Cell # _____ School # _____ Work # _____

E-Mail (Print Clearly) _____

Attending Clinic _____ Not Attending Clinic (But enclosed \$20 membership fee) _____

Registration Fee (non-refundable)
\$ 120.00 Per Coach (postmarked before 9/26/08)
\$ 130.00 Per Coach (after 9/26/08)

Mail Form to:
OSU Coaches Clinic
101 St. John Arena
410 Woody Hayes Dr.
Columbus, OH 43210

