



Penn Wrestling Coaches Clinic
University of Pennsylvania Wrestling
Fall Coaches' Clinic and Penn Wrestle Offs
Sunday November 4, 2007

At the University of Pennsylvania ♦ 9:30 – 5:00
Video Cameras Welcome during technique sessions only

BOBBY DOUGLAS
US OLYMPIC COACH
NCAA CHAMPIONSHIP TEAM COACH

Zeke Jones University of Pennsylvania Head Coach, 2004 US Olympic Freestyle Coach
Rob Eiter Penn Assistant Coach, 2007 Jr World Coach, 1996 US Olympian
Bob Douglas Head Coach US Olympic Team, NCAA Championship Team

9:30 am – 10:00am	Registration	
10:00 pm – 11:00pm	Technique session I,	Zeke Jones - Set Up routine
11:00 am – 12:00 pm	Technique Session II	Bobby Douglas – Lay out your season plan
12:00 pm – 1:30 pm	Penn Wrestle Off I	Lunch provided in Palesta
1:30 pm – 2:15pm	Strength Training	Bobby Douglas – Getting out of Legs
2:15 pm – 3:30 pm	Technique Session III	Rob Eiter – Leg Attack Counter Offense
3:30pm – 5:00pm	Penn Wrestle Off II	

Please provide the following information

Name: _____ **School:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Email Address: _____ **Phone #:** _____

Assistant Coaches Attending: _____

Address _____ **City** _____ **State** _____ **Zip** _____

Email Address _____ **Phone #** _____

Cost: \$80, \$50 for assistant coaches attending with head coach
Send Checks to “Sunkist Kids Wrestling”

235 South 33rd Street Philadelphia, PA 19104

Questions: call the wrestling office at 215-898-9504

Email Zeke Jones at lljones@pobox.upenn.edu