

Fall Wrestling Clinic
Sunday, October 9
Hosted by Lake Norman High School
186 Doolie Road
 Mooresville, NC 28117

LAKE NORMAN WRESTLING WILL BE HOSTING TONY ROBIE, ASSOCIATE HEAD COACH, AND NATE YETZER, ASSISTANT COACH, OF VIRGINIA TECH UNIVERSITY FOR A FALL WRESTLING CLINIC. THERE WILL BE TWO TECHNIQUE SESSIONS AND AN OPTIONAL LIVE WRESTLING/TECHNIQUE SESSION. WE WILL BE FOCUSING ON HIGH PERCENTAGE LEG ATTACKS AND GETTING OFF THE BOTTOM. THIS CLINIC IS OPEN TO ANY WRESTLER, REGARDLESS OF SKILL LEVEL OR LOCATION.

SCHEDULE

11:30AM-12PM: REGISTRATION

12PM-2PM: TECHNIQUE SESSION 1

2:30PM-4:30PM: TECHNIQUE SESSION 2

4:30PM-5:30PM: OPTIONAL LIVE WRESTLING/TECHNIQUE REVIEW

CLINICIANS



TONY ROBIE
VIRGINIA TECH, ASSOCIATE HEAD COACH
NCAA RUNNER-UP, EDINBORO UNIVERSITY
TWO TIME NCAA ALL-AMERICAN
BRONZE MEDALIST, U.S. OPEN
FORMER HEAD COACH AT BINGHAMTON UNIVERSITY



NATE YETZER
VIRGINIA TECH, ASSISTANT COACH
NCAA ALL-AMERICA, EDINBORO UNIVERSITY
THREE TIME NCAA QUALIFIER
OHIO STATE CHAMPION

\$50 REGISTRATION FEE

CHECKS MUST BE MADE OUT TO LAKE NORMAN WILDCAT WRESTLING

PLEASE CONTACT MORGAN FORE, HEAD WRESTLING COACH AT LAKE NORMAN HIGH, WITH ANY QUESTIONS OR TO RESERVE YOUR SPOT, (704) 746-2547 OR MORGAN_FORE@HOTMAIL.COM. WE ARE LIMITING OUR CLINIC TO THE FIRST 50 WRESTLERS; PLEASE RESERVE YOUR SPACE EARLY.