

FARMINGTON WRESTLING

DEVELOPMENTAL TECHNIQUE CLINIC

Date: August 2nd – 6th **Time:** 12pm – 4pm

Who: K-12 **Cost:** \$50.00

Where: Farmington Wrestling Building

Clinic Coordinator – Mark Krause – Head Coach Farmington High School

3X Missouri State Champions

9 Top 4 Finishes MSHSAA State Championships

Clinicians – John Krause – Asst. Coach Farmington High School

2X NCAA Div. I Wrestling Championships Qualifier

Varsity Letterman – Southwest Missouri State Univ.

Varsity Letterman – University of Oklahoma

Missouri State Champion 1990

Dustin Wiles – University of Pennsylvania

2X NCAA Div. I Wrestling Championship Qualifier

2X Missouri State Champion 2001 and 2002

Marcus Hoehn – University of Missouri

Big 12 Champion

NCAA Div. I Wrestling Championship Qualifier

Missouri State Champion 2004

Craig Wilson – Old Dominion University

3X Missouri State Champion

2X Junior National Freestyle All-American

Brad Wisdom – University of Missouri

3X Missouri State Champion

NHSCA Junior National All-American

Cadet National Freestyle All-American

Waiver:

My child has my permission to participate in the Farmington D1 Developmental Wrestling Clinic. I understand that I will not hold the Farmington School District or its coaches responsible for any injuries that might occur during this clinic.

Name _____

Grade: _____

Parent Signature: _____

Contact # : _____

Address: _____

T-Shirt Size: _____

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DEVELOPMENTAL TECHNIQUE CLINIC

DAILY SCHEDULE

- 12:00-12:10 INTRODUCTION AND REMARKS**
- 12:10-12:20 WARMUP AND STRETCH**
- 12:20-1:45 TECHNIQUE (NEUTRAL POSITION)**
POSITIONING
SET UPS
ATTACKS
FINISHES
DEFENDING ATTACKS
- 1:45-1:50 WATER BREAK**
- 1:50-2:20 LIVE WRESTLING**
- 2:20-2:35 BREAK**
- 2:35-3:30 TECHNIQUE (TOP AND BOTTOM POSITION)**
TOP
BREAKDOWNS
RIDES
URNS
BOTTOM
POSITIONING
BUILDING UP
MOTION
GETTING OUT
- 3:30-3:35 WATER BREAK**
- 3:35-4:00 LIVE WRESTLING**

