



Wrestling Clinic
With 2008 OLYMPIC COACH
JAY ANTONELLI
SATURDAY, June 7TH 2008

Great Bridge High School, Chesapeake VA

This clinic will focus on the international styles and also incorporate scholastic techniques. The clinic is designed for wrestlers of ALL ages who want to focus on and sharpen their skills for the summer season. Coaches and athletes can learn from this year's Olympic coach who will cover the drills, techniques and training methods used at the highest levels of wrestling.

Schedule

Saturday, June 7th

8:00-9:00 Registration
9:00-11:30 Session 1
11:30-1:00 Lunch
1:00-3:00 Session 2

Fee

\$ 50 per athlete

Coach Jay Antonelli

US Olympic Coach-2000 & 2008
US World Team Coach-2003, '05, '07
USA Wrestling Coach of the year 1998

Topics

- Takedowns and finishes
- Throws from various positions
- Russian 2 on 1 series
- The over-under position
- Par-Terre defense
- Gut Wrenches and Leg Laces
- The clinch position
- Position on feet
- Front headlock series
- The mental aspect of wrestling

REGISTRATION WILL BE AT GREAT BRIDGE HS ON JUNE 7TH 8:00-9:00 AM
RETURN FORM WITH PAYMENT

NAME: _____ GRADE: _____.
ADDRESS: _____.
PHONE# _____.
SCHOOL / CLUB: _____.

Make checks payable to: Great Bridge High School Wrestling

Questions? Refer to Coach Antonelli at jiantonelli@msn.com