

NEBRASKA WRESTLING

ITINERARY FOR OUT-OF-STATE COACHES NOV 4, 2022

10:00 – 11:00am	Check-in (Hendricks Training Complex, Main Lobby)
11:00am	Technique Session, Robert Kokesh (WBB Gym)
11:45am	Building Team Culture and Q and A, Mark Manning (WBB Gym)
12:30pm	Lunch (Rm 186G)
12:45pm	Coaches Round Table (Rm 186G)
1:30pm	Optimizing Performance Tyler Weeda (Head Athletic Trainer) Jon Pfeifer (Strength and Conditioning Coach) (Rm 186G)
2:15pm	Technique Session, Bryan Snyder (WBB Gym)
3:00pm	Technique Session, Tervel Dlagnev (WBB Gym)
3:45pm	Husker Pre Weigh-in Workout (Nebraska Wrestling Room)
4:30pm	NWTC Tailgate/Social (TBD)
6:00pm	Nebraska vs. NDSU

