

NEBRASKA WRESTLING

FALL COACHES CLINIC NOVEMBER 10, 2023

10:00 – 11:00am	Check-in (Hendricks Training Complex, Main Lobby)
11:00am	Welcome from Head Coach, Mark Manning (Rm 186G)
11:05am	Fred Franklin (NEUSAW State Chairman) (Rm 186G)
11:15am	Rules Education, Ron Higdon (Rm 186G) – <i>For Nebraska High School Coaches</i> – Track Wrestling
12:30pm	Lunch (Rm 186G)
12:45pm	Coaches Round Table – Mark Manning, Bryan Snyder, Tervel Dlagnev, James Green (Rm 186G)
1:30pm	Injury prevention, Weight Management and Nutrition, Optimizing Performance Tyler Weeda (Head Athletic Trainer) Jon Pfeifer (Strength and Conditioning Coach) (Rm 186G)
2:15pm	Technique Session, James Green (WBB Gym)
3:00pm	Technique Session, Tervel Dlagnev (WBB Gym)
3:45pm	Husker Pre Weigh-in Workout (Nebraska Wrestling Room)
5:00pm	Coaches Social – Pizza and refreshments (Rm 186G)
7:00pm	Nebraska vs. Campbell University

