

NEBRASKA WRESTLING

FALL COACHES CLINIC NOV 4, 2022

10:00 – 11:00am	Check-in (Hendricks Training Complex, Main Lobby)
11:00am	Welcome from Head Coach, Mark Manning (Rm 186G)
11:15am	Fred Franklin (NEUSAW State Chairman) (Rm 186G)
11:30am	Rules Education, Ron Higdon (Rm 186G) – <i>For Nebraska High School Coaches</i>
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

