

NEBRASKA WRESTLING

ITINERARY FOR VIRTUAL OPTION NOV 4, 2022

LINK WILL BE SENT TO THE EMAIL PROVIDED ON YOUR REGISTRATION FORM

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| 11:00am | Technique Session, Robert Kokesh (WBB Gym) |
| 11:45am | Building Team Culture and Q and A, Mark Manning (WBB Gym) |
| 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 | <i>Virtual Clinic ends</i> |

