

5th ANNUAL DAN GABLE asics Wrestling Clinic

April 18-19, 2008 • Waterloo West High School



CLINIC SCHEDULE

FRIDAY, APRIL 18, 2008

CLINIC SESSIONS AT WATERLOO WEST HIGH SCHOOL

Noon	REGISTRATION
1-1:50 p.m.	<i>High Percentage Singles</i> (Greg Strobel)
2-2:50 p.m.	<i>The Claw Series</i> (Duane Goldman)
2:50-3:20 p.m.	VENDOR BREAK & DOOR PRIZES
3:20-4:10 p.m.	<i>Seatbelt Series</i> (Tim Cysewski)
4:20-5:10 p.m.	<i>The Augsburg Cradle</i> (Jeff Swenson)
5:20-6:10 p.m.	<i>Two-on-One Series</i> (Duane Goldman)

FRIDAY EVENING SESSIONS AT THE
DAN GABLE INTERNATIONAL WRESTLING INSTITUTE AND MUSEUM

6:30-11:30 p.m.	Dan Gable Museum Experience: tour, casual dinner available (included in registration fee)
7:40-8:30 p.m.	<i>Gable Coached: Individual Workout</i> (Dan Gable)
8:30 p.m.	<i>Question & Answer Session</i> (Dan Gable)
9-11:30 p.m.	COACHES SOCIAL AT THE DAN GABLE INTERNATIONAL WRESTLING INSTITUTE AND MUSEUM

SATURDAY, APRIL 19, 2008

CLINIC SESSIONS AT WATERLOO WEST HIGH SCHOOL

7:30 a.m.	REGISTRATION
8-8:50 a.m.	<i>Turks and More Leg Riding Techniques</i> (Greg Strobel)
9-9:50 a.m.	<i>Winning the Whistle: Stand-ups and Other Escapes</i> (Jeff Swenson)
9:50-10:20 a.m.	VENDOR BREAK & DOOR PRIZES
10:20-11:30 p.m.	<i>Inside Trips</i> (Tim Cysewski)
11:40-12:30 p.m.	<i>Gable Coached: Partner Workout</i> (Dan Gable)
1 p.m.	Glen Brand Wrestling Hall of Fame Ceremony (Dan Gable International Wrestling Institute and Museum)

Speakers and topics are subject to change

Note: Online Registration ends Wednesday, April 16, 2008.

You may also register at the door for \$115 on Friday, April 18, 2008.

Clinic Registration Refund Policy: All refunds are subject to a \$25 processing fee. No refunds after April 11, 2008.

HOTEL INFO

Ramada Inn - Five Sullivan Brothers
205 W. 4th St.
Waterloo, IA 50701
319-233-7560

Mention Dan Gable Wrestling Clinic to receive the clinic rate - \$74 / night.

CLINIC LOCATIONS

Ramada Inn-Five Sullivan Brothers
205 W. 4th St. • Waterloo, IA 50701

Waterloo West High School
425 East Ridgeway Ave. • Waterloo, IA 50702

The Dan Gable International Wrestling Institute and Museum
303 Jefferson St. • Waterloo, IA 50701

**Ramada Inn-Five Sullivan Brothers
to Waterloo West High School**
(total distance = 2.40 miles)

1. Start out going SOUTHWEST on W 4TH ST toward JEFFERSON ST.
2. Turn RIGHT to stay on W 4TH ST.
3. Turn LEFT onto KIMBALL AVE.
4. Turn LEFT onto E RIDGEWAY AVE. - End at West High School

**Waterloo West High School to the Dan Gable
International Wrestling Institute and Museum**
(total distance 2.8 miles)

1. Start out going EAST on E RIDGEWAY AVE toward BALTIMORE ST.
2. Turn LEFT onto W 9TH ST.
3. Turn SLIGHT LEFT onto US-218 N / WASHINGTON ST.
4. Take the US-63 N / YOUNG ARENA / 1ST STREET exit- EXIT 181A.
5. Turn SLIGHT RIGHT onto US-63 N / W 1ST ST.
6. Turn SLIGHT RIGHT onto US-63 N / W 1ST ST.
7. Turn RIGHT onto JEFFERSON ST. - End at Wrestling Institute & Museum

GRADUATE CREDIT

Optional Graduate Credit is available - 1 semester hour.

Offered through Drake University Extension Education for an additional fee of \$90. Tuition may be paid on site by check, Mastercard or Visa.

Persons registering for graduate credit must attend all clinic sessions and complete specific assignments based on clinic content.