


KEVIN JACKSON

CHAMPIONSHIP WRESTLING COACHES CLINIC

October 3, 2009 • Ames, IA
11 a.m. to 4:30 p.m. • Lied Recreation Center



CLINIC SPEAKERS

KEVIN JACKSON

Iowa State University Head Wrestling Coach



Kevin Jackson, 1992 Olympic Gold Medalist, was named Iowa State's head wrestling coach on May 1, 2009. Jackson is one of just five wrestlers in US history with three career world-level titles (he won World Championships in 1991 and 1995). Jackson is a member of the FILA International Wrestling Hall of Fame, the United States National Wrestling Hall of Fame (as a distinguished member) and the Iowa State University Athletics Hall of Fame. Jackson served eight years as the National Freestyle Coach for USA Wrestling taking the 2001 freestyle team to the World Cup title. A former Cyclone wrestler, Jackson captained the Cyclones' last NCAA championship team (1987), earning an All-America award (his fourth) with a NCAA runner-up finish.

Coach Jackson's topics will be:

- Base position, Tie-ups and Set-ups
- Base Drills, Escapes and Rides

CHRIS BONO

Iowa State University Assistant Wrestling Coach



Chris Bono returns to Iowa State after serving as the head coach at Tennessee-Chattanooga the past three seasons where his teams won a trio of Southern Conference titles and he was the league's coach of the year three times. Bono was a three-time All-American at Iowa State, winning the NCAA 150-pound championship in 1996. He ranks fifth on the ISU all-time wins list. He was named the Most Outstanding Wrestler at the inaugural Big 12 Conference Championship in 1997. Bono has had a distinguished post-collegiate

freestyle wrestling career. He was a US World Championships team member in 2001, 2002 and 2005. He won US national titles in 2003 and 2005.

Coach Bono's topic will be:

- High Crotch Finishes and Riding

YERO WASHINGTON

Iowa State University Assistant Wrestling Coach



Former Columbia head assistant wrestling coach Yero Washington is joining the ISU wrestling staff this fall. Washington, who coached at Columbia for a decade, was a club and volunteer wrestling coach as well as the head assistant from 2004-07. A two-time All-American at Fresno State, Washington finished third in the nation in 1997. He has been a member of the U.S. National team, America's World Cup team and America's Nations Cup teams. Prior to joining the staff at Columbia, Washington worked on the staff

at Fresno State, where he worked closely with Stephen Abas, a three-time NCAA champion.

Coach Washington's topic will be:

- Counter Offense

CLINIC SCHEDULE

SATURDAY, OCTOBER 3, 2009

MORNING SESSIONS

- 10:30 a.m. CHECK-IN
- 11 a.m. to 1 p.m. *ISU Wrestling Practice Observation*
- 1 p.m. *Practice Q & A*
- 1:15 to 2 p.m. HICKORY PARK CATERED LUNCH

AFTERNOON SESSIONS

- 2 p.m. *Base Position, Tie-ups and Set-ups* (Kevin Jackson)
- 2:40 p.m. *High Crotch Finishes and Riding* (Chris Bono)
- 3:20 p.m. *Counter Offense* (Yero Washington)
- 4 p.m. *Base Drills, Escapes and Rides* (Kevin Jackson)
- 4:30 p.m. *Q & A with Kevin Jackson and Staff*

DIRECTIONS TO CLINIC

From U.S. Highway 30 in Ames take the exit marked "Iowa State Center." Travel north on University Blvd. to Lincoln Way (fourth stop light) and turn left (West). Turn right (North) on Beach Road, first stop light. The Lied Recreation Athletics Center is on the east side of the road. Free parking is available at the Lied Center in lot 57 or across the street at the Forker Building in lots 50A or 50B. To get to the Forker parking lot, follow Beach Road around the curve to the three-way stop at Wallace Road. Turn left on Wallace. Lot 50A will be the first left turn and Lot 50B the second left. Follow the sidewalk between the buildings to get to Lied Center. Please note that the visitor lot (100) at Lied is a pay-to-park lot on weekends.