



# TOM RYAN'S

# NATIONAL CHAMP CLINIC

3x National Wrestling Coach of The Year | 2x Big Ten Champ | 2x NCAA Division 1 All-American | NCAA National Finalist  
Coached: 6 National Champions | 34 All-Americans

# 1 DAY CLINIC

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# GOLDS GYM IN Islip

\$100 per wrestler **Team discount with 6+ or more.**

## AUG 1ST 2019

Register online at:

[form.jotform.com/71985048202154](http://form.jotform.com/71985048202154)

## Tentative Clinic Schedule

**9:00am** | Check in and warm up

**9:30am – 10:30** | Technique #1

**10:30am – 11:00am** | Live Wrestling Session #1

**11:00am – 11:45** | Lunch

**12:00 – 1:00** | Technique Session 2

**1:00pm-1:30pm** | Camp Competition

**1:30pm – 2:30pm** | Live Wrestling Session #2

**2:30pm** | Motivational Speech