

NORMAN YOUTH WRESTLING CLINIC

HOSTED BY **NORMAN GRAPPLING CLUB**

JULY 21-23; 6:00PM-8:00PM

NORMAN HIGH SCHOOL WRESTLING ROOM

\$40 PER WRESTLER* (INCLUDES CLINIC T-SHIRT)

***LIMIT OF 60 WRESTLERS**

REGISTRATION*:

ONLINE: www.normangrappling.com

OR

MAIL: NORMAN GRAPPLING CLUB

517 ROSEDALE DR

NORMAN, OK 73069

OR

IN PERSON, 5:00PM-6:00PM, JULY 21

**REGISTER AND PAY BY JULY 1 TO GUARANTEE A CLINIC T-SHIRT*

HEAD CLINICIAN: BO MAYNES

HEAD COACH NORMAN HS

NCAA QUALIFIER; BIG XII CHAMPION (OU)

JUNIOR NATIONAL CHAMPION

3X JUNIOR ALL-AMERICAN

2X CADET ALL-AMERICAN

4X KANSAS HS STATE CHAMP (130-0)

CLINICIAN: CARL LANCASTER

HEAD COACH NORMAN

GRAPPLING CLUB

3X NATIONAL QUALIFIER

OKLAHOMA HS STATE PLACER

2X HS CONFERENCE CHAMP

8 YEARS YOUTH COACH

CLINICIAN: BO EUBANKS

NCAA QUALIFIER; 3RD BIG XII (OU)

OK HS STATE CHAMP

4 YEARS YOUTH COACH

CLINICIAN: WAYNE COLE

NCAA DIV II ALL-AMERICAN

(UCO)

OK HS STATE PLACER

PROFESSIONAL MMA FIGHTER

(IFL, ELITE XC, STRIKEFORCE)

SET-UPS ♦ TAKEDOWNS ♦ REVERSALS ♦ SCORING FROM REFEREE'S POSITION

CONDITIONING ♦ DRILLS ♦ LIVE WRESTLING

EMAIL: NORMANGRAPPLING@GMAIL.COM