



# MAY 13, 2017 UNIVERSITY HIGH SCHOOL WRESTLING CLINIC

**Cost: \$40 per wrestler**

This clinic will be held at University High School. It will be divided into two sessions, starting at 9:30 a.m. and 12:30 p.m., with a lunch break in between. Lunch will not be provided. We will cover technique in neutral, top and bottom positions. The technique we are offering is high efficiency and has worked for both of us throughout our careers at the highest level. Emphasis will be placed on chain wrestling, counter offense, set-ups and finishes.

## Featured Clinicians

### Dylan Cottrell



- 4x High School State Champion
- Big 12 Champion (WVU)
- 2017 WVU Wrestler of the Year
- SoCon Champ (App St.)
- SoCon Freshman of the Year (App. St.)

### Adam Bicak



- 4- year member of Harvard University Wrestling Team
  - 4x High School State Champion
  - 2x Powerade place winner
  - 179-19 High School Record
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