



Folkstyle to Freestyle Clinic

March 12, 2016

St. Christopher's School
711 St Christopher's Road
Richmond, VA 23226

Featuring: Bill Zadick – Olympic Freestyle Developmental Coach for USA Wrestling, NCAA Champion, and World Freestyle Champion
Mike Zadick – 2008 Olympian & 2006 World Freestyle Silver Medalist
VAWA Staff: Roy Hill, Mark Strickland, Izzy Silva, Sonny Close, and Ross Gitomer

This Clinic is for: ATHLETES, COACHES, OFFICIALS, and PARENTS

8:00-8:30	Registration and Check-in
8:45-11:30	Technique led by Virginia Coaches Coordinator and Team Virginia Coaches
11:30-12:00	Lunch
12:15-2:15	Technique (Transition from folkstyle to freestyle) Bill Zadick & Mike Zadick
2:30-4:30	Officials Development Program (Officials, Coaches, Parents) presented by VAWA Head Official: Tim Pierson
4:45-5:45	Coaches Education and Q&A with the Zadick brothers Bill Zadick & Mike Zadick on the benefits of the international styles and the relationship to folkstyle wrestling
6:15	Coaches Social at The Grill - 5724 Patterson Ave (a few blocks from campus)

Cost: \$20.00 for athletes holding a USAW Full or High Performance Membership
\$40.00 for athletes holding a USAW Folkstyle Membership

NOTE: Athletes from other states are welcome - \$40.00

Free for all coaches with active VAWA membership and all members of the VAWCA
Become a Member http://www.virginiawrestling.com/news_article/show/586834?referrer_id=940928
\$25.00 for all other coaches

Online Registration will be available at <http://www.totalcamps.com/VAWA>