

# 9 Comprehensive Mini-Sessions

## Sessions will include:

### Session I: Takedowns

1. Singles
2. Doubles
3. Front head
  - a) Set-ups (1-3)
  - b) Finishes (1-3)
  - c) Defense (1-3)



### Session II: Bottom Position

1. Sit-outs
2. Stand-ups
3. Rolls



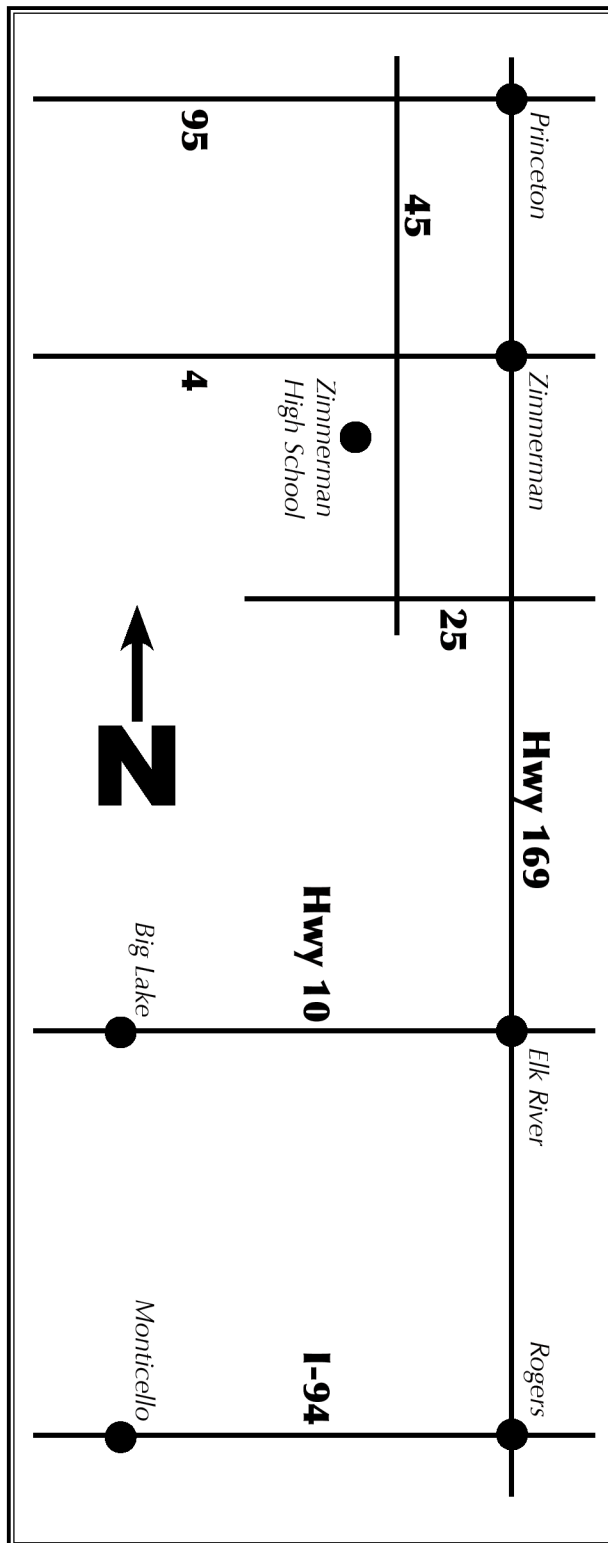
### Session III: Rides/Pins

1. Breakdowns
2. Turns/Pinning combinations
3. Leg riding/Tilts



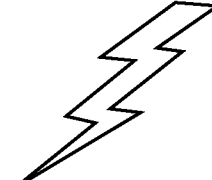
If you have any questions, please call:

Peter Nielsen 763-856-2252  
Bryan May 763-856-6463  
Jessica Rosby 763-286-5414



## First Annual Z.Y.W.A.

# WRESTLING CLINIC



Zimmerman High School

Saturday, Nov. 18, 2006

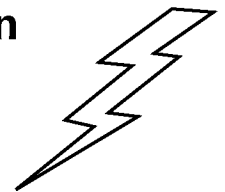
8:00 a.m. - 4:30 p.m.

Grades 3-12

### Mission Statement

*To provide a low intensity atmosphere emphasizing fundamental techniques of the feet, bottom and top positions from quality clinicians.*

Zimmerman  
Youth  
Wrestling  
Association



[www.zimmermanwrestling.com](http://www.zimmermanwrestling.com)

# Zimmerman Wrestling Clinic

**Saturday, November 18, 2006**  
**8:00 a.m. - 4:30 p.m.**  
**Zimmerman High School**

## REGISTRATION

Fee: \$30.00 Pre-registration per wrestler  
 \$40.00 at the door

Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Wrestling Club \_\_\_\_\_

Emergency contact number \_\_\_\_\_

Total Fee Enclosed: \$ \_\_\_\_\_



**Pre-registration must be received by Nov. 1, 2006**

**Make checks payable to: ZYWA**

*Please mail registration and fee to:*

Jessica Rosby  
 25644 22nd Street W.  
 Zimmerman, MN 55398



## Featured Clinician

### Ben Peterson

Olympic Champion  
 Camp of Champs®



## Guest Clinicians

### Darin Bertram

National Champion - Augsburg College  
 3-Time All-American - Augsburg College

### Thomas McAlpine

State Champion  
 University of Minnesota 2002-2004

### Chris McAlpine

2-Time State Champion  
 Augsburg College 2000-2004

### Adam Bertram

Multiple Placer - MSHL



## Agenda

**Saturday, November 18, 2006**

8:00 - 8:30 On-Site Registration/  
 Check-In

8:30 - 10:30 **Session I**  
 Takedowns



10:30 - 11:00 Break Time

11:00 - 1:00 **Session II**  
 Bottom Position



1:00 - 2:00 Lunch (not provided)  
 Wrestlers are responsible  
 for bag lunch and drink.

2:00 - 4:00 **Session III**  
 Riding and Pinning



4:00 - 4:30 Motivational Talk from  
 Ben Peterson

4:30 Departure

**Wrestlers will be divided into  
 the following groups:**

Grades 3-6, Grades 7-9,  
 Grades 10-12

Wrestling supplies/needs will be available  
 for purchase.