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**University of Minnesota Coaches Clinic**

**October 28th, 2022**

**Hayden Zillmer Troy Steiner Mitch Hull Zach Sanders**

**GWC Member GWC Head Coach Greco/Freestyle World Team Member U of M Volunteer Assistant**

**2022 World Team Member Former D1 Head Coach Coached Youth/HS/D1/International 4x NCAA All-American**

**6x National Team Member D1 NCAA Champion 2x NCAA All-American University World Silver**

**D1 NCAA All-American 4x NCAA All-American 2x Big Ten Champion**

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| **TIMES:** | **SCHEDULE:** | **INFORMATION:** |
| 12:00-12:45 | Registration/Check In | Bierman Athletic Building |
| 12:45-1:00 | Brandon Eggum | Welcome & 2022-23 Gopher Season Outlook |
| 1:00-1:50 | Hayden Zillmer | Technique |
| 2:00-2:50 | Troy Steiner | Technique |
| 3:00-3:50 | Mitch Hull | Success by Significance |
| 4:00-4:50 | Zach Sanders | Technique |
| 5:00-5:30 | Tyler Hemmesch | Mat Boss Tutorial |
| 5:30-7:00 | Coaches Clinic Social | Blarneys |
| 7:30-9:00 | Gopher Wrestling Simulation Matches | Maturi Pavilion |

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**$100 UNIVERSITY OF MINNESOTA COACHES CLINIC** (This price includes the pre-registration discount)

**\*ADDITIONAL $15 FEE IF:** PRE-REG. FORM IS NOT RECEIVED BY **OCTOBER 24th** and for all walk-ups.

**FOR ADDITIONAL INFORMATION**

**Contact:** Zach Sanders **Email:** sande418@umn.edu **Phone:** 651-927-9383

**Website:** <https://www.gopherwrestlingclub.org/>

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Checks Payable To:  **Minnesota Wrestling Events**

Mail Forms To:  **P.O. Box 13306**

**Mpls, MN  55414**  (\*Must Receive by Oct. 24th  to avoid $15 late fee.)

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| **School/Club:** | **($100)  MN Wrestling Events** |  **($115)  Late Registration** |
| **Name:** | **Email:** | **Cell Ph # (           )             -** |
| **Address:                                                              City:** | **State:** | **Zip:** |