



The Ohio State University,  
OHSAA, and Ohio H.S. Wrestling  
Coaches Association Presents



# The 2009 Wrestling Coaches Clinic

At The Ohio State University

St. John Arena  
October 15 - 16, 2009

## Dear Coach,

Please join the Buckeye Wrestling Staff and your colleagues for the Annual Ohio High School Coaches Clinic on the campus of The Ohio State University. This two-day event will begin at 7pm on Thursday, October 15th, with 2x National Champion, 3x Academic All-American and newest addition to The Ohio State Wrestling coaching staff, J Jagers. J will teach his cradle series among other key positions.

This year's featured clinician will be Ohio's own Lee Kemp. Lee Kemp was a 2x Ohio High School State Champion in 1973 & '74. Lee went on to wrestle for the University of Wisconsin, where as a sophomore with only six years of wrestling experience, he beat the legendary Dan Gable 7-6. He was a 3x National Champion and a 4x NCAA finalist. Among his post-collegiate honors, Lee was a 3x World Championship Gold Medalist and was favored to win the Gold in the 1980 Olympics, which the United States boycotted. Lee was also a coach for the 2008 US Olympic team.

This year's clinic will also feature a session with Mark Gerhard on developing and growing youth wrestling programs in your area. Mark created and runs the Miami Valley Kids Wrestling Association. He has grown this youth wrestling program from 50 kids in the mid 1980's to over 2,500 kids today.

Along with the clinic, attendees can certify for the State Rules Interpretation Meeting. The meeting will be held Friday at 8:30am. Due to the later date on which the team reports to campus this year, October 15th is too early to hold Ohio State's wrestle-offs. Ohio State will instead hold an open practice at 7:45pm. There will be various drills shown as well as a live wrestling segment allowing coaches to see the structure of a Buckeye practice. This session will be a high intensity one-hour session that all coaches are encouraged to attend.

We are pleased to once again be hosting the largest High School and Junior High School wrestling coaches clinic in the country. The success Ohio wrestlers achieve at all levels is a reflection of the commitment and hard work you put into your individual programs.

We hope you can join us on October 15th and 16th. We are looking forward to another great clinic!

## Coach Tom Ryan

### 2009 Ohio State Coaches Clinic Schedule

#### Thursday, October 15, 2009

5:00 - 8:00pm **Registration** – St. John Arena (Enter on NE side)

Coaches who arrive after 8pm should call (614) 404-6990 to register.

#### Schedule: Session I

6:00pm Coaches Hall of Fame Committee (Recruit Room)  
7:00pm J Jagers (Cradles, Being a Buckeye)  
7:45pm **OSU Practice:** The Ohio State University Wrestling Team  
9:15pm **Coaches Social:** Huntington Club  
(Enter West Side of Ohio Stadium)

This clinic is intended for **COACHES ONLY!** Members of high school teams may only attend the Ohio State open practice, not the clinic! In addition to the clinic, \$20.00 of the registration fee is for membership in the Ohio Wrestling Coaches Association. The advance total registration fee is \$120. The late registration fee (all registrations postmarked after September 25, 2009) is \$130 per coach.

#### Friday, October 16, 2009

7:30 - 8:30am **Continental Breakfast and Registration** - St. John Arena  
(For Coaches who have not previously registered or checked in)

#### Schedule: Session II

8:30 - 9:15am **OHSAA - State Rules Interpretation Meeting**  
Out-of-state coaches should meet Tom Ryan in front of the registration entrance at **8:10am** to caravan to Steelwood Athletic Training Facility for a technique session.  
9:15 - 9:45am **OHSAA - Coaches Association**  
"State Wrestling Announcements"  
10:00 - 10:15am **Introduction:** Tom Ryan  
10:15 - 11:00am **Session A:** Lee Kemp (Leg Attacks)  
11:00 - 11:15am **Session B:** Major General Kambic (National Guard)  
11:15 - 11:45am **Session C:** Tom Ryan (Planning your Season)  
11:45 - 12:30pm **Lunch in St. John Arena:** Joe Heskett (Better Through Sport)

#### Schedule: Session III

12:30 - 1:00pm **Session D:** Mark Gerhard  
(Developing & Growing a Youth Wrestling Program in Your Area)  
1:00 - 2:00pm **Session E:** Lee Kemp (Motivational Speech)  
2:15 - 3:15pm **Session F:** Strength and Conditioning, Q&A



# 09 OHIO STATE COACHES CLINIC

## 2009 COACHES CLINIC REGISTRATION

Complete a separate registration form for each attendee.

Name: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Asst. Coach: \_\_\_\_\_ Youth: \_\_\_\_\_

School: \_\_\_\_\_

Home Address: \_\_\_\_\_

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

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Cell Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

School Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Email: \_\_\_\_\_

Registration Fee Per Coach (non-refundable)  
 postmarked before 9/25/09..... **\$ 120.00**  
 after 9/25/09..... **\$ 130.00**

Polo Orders (due 9/25/09)  
**# of Polos x \$25 ea.** **\$ \_\_\_\_\_**

Total Amount Enclosed: \_\_\_\_\_

**Mail Form to:**  
**Wrestling Coaches Clinic**  
**Jack Nicklaus Museum**  
**2355 Olentangy River Road**  
**Columbus, OH 43210**

Make Check Payable to: **The Ohio State University**

Many coaches have asked us to offer Ohio State Wrestling Coaches Clinic polo shirts at the Clinic. Although NCAA legislation prohibits Ohio State from giving coaches a polo shirt, we are permitted to offer clinic attendees the opportunity to purchase one. Please complete the order form to the right to purchase your cotton polo shirt. All sales are final.



Size	Quantity	Price	Total
S		\$25	
M		\$25	
L		\$25	
XL		\$25	
XXL		\$25	
XXXL		<b>Total:</b>	

Orders received by September 25, 2009 will be available for pick-up at Registration. Any order received after September 25th will be processed after the clinic and shipped to the address provided above.

### Campus Area Hotels for the Ohio State Coaches Clinic

**\*\*Please note that the Holiday Inn on Lane has closed**

#### The Blackwell(new/campus)

2110 Tuttle Park Place  
 Columbus, OH 43210  
 (614) 247-4000

#### Red Roof Inn

441 Ackerman Road  
 Columbus, OH, 43202  
 (614) 267-9941

#### Cross Country Inn OSU North

3246 Olentangy River Road  
 Columbus, OH, 43202  
 (614) 267-4646

#### University Inn

3160 Olentangy River Road  
 Columbus, OH 43202  
 (614) 261-0523

#### Cross Country Inn OSU South

1145 Olentangy River Road  
 Columbus, OH, 43212  
 (614) 291-2983

#### University Plaza

3110 Olentangy River Road  
 Columbus OH, 43201  
 (614) 267-7461