

# 2015 Oregon Wrestling Convention

**Saturday October 10th**

**McNary High School Salem OR**

**595 Chemawa Rd, Keizer, OR 97303**

**\$20 Includes Lunch**

**!!!!!!!!!!!! NEW THIS YEAR !!!!!!!!!!**

- 1. Coaches will be able to receive PDU's and count this activity towards their State Inservice assignment**
- 2. The afternoon session will be offered to *COACHES and WRESTLERS*. This session will provide essential instruction focused on technique and qualities wrestlers need to be successful and transition to a college wrestling program.**

7:30-8:30 Coaches and Officials Registration

8:30-12:30 Mixed Session Coaches and Officials

- Oregon Officials and Coaches discussing roles of all parties with Coach Borrelli from Stanford University.
- Coaches Misconduct (Ryan Dalke)
- Track Wrestling changes and functions for this year (Heather Kerr)
- Oregon Coaches and Officials discussing new rules changes, points of emphasis. (Scott Hall)
- State Tournament Outstanding Wrestler Proposal (Roger Rolen, Ed Burton)

12:30-1 Lunch

1-2 Coaches and Wrestlers

Led by Coach Borrelli, hear what techniques, qualities, and character traits coaches need to have for wrestlers to engage and succeed at the next level.

There will be coaches from NAIA, Junior College, Division III and Division I that will contribute as well. Discussion will include:

- "Key recruiting traits" coaches are looking for and want to see.
- A high school coaches role in the recruiting and enrollment process.
- Balancing academics, athletics and health to full potential.

We intend to have many of our local colleges present for this session. Oregon State, Pacific University, Warner Pacific, Clackamas Community College, Southwest Oregon Community College, Southern Oregon University as well as Stanford University with Coach Borrelli.

#### 2-4 Coaches and Wrestlers

Technique session with mats available for wrestlers/coaches to learn new skills. Coach Borrelli will focus on key techniques that help wrestlers succeed at the high school and college level.

#### 1-4 Officials

- Establishing and Interpreting “Control” in a Match (Cruz Urbina)
- Professionalism (Mike Hocker)
- Signals and Mechanics (Doran Simmons)
- 2 Man Mechanics ( Jeremy Rhoades, Jeremy Carlson)

**Coaches and Officials Click Here To [REGISTER](#)**

Contact Coach Ebbs at [jjebbs@hotmail.com](mailto:jjebbs@hotmail.com) or Scott Hall at [sahall1884@gmail.com](mailto:sahall1884@gmail.com) for more information.

