

# Northwestern Wrestling Coaches Clinic

*Saturday, November 1st, 2008 @ 1 pm*

*This clinic is open to all coaches & parents of IHSA, junior high, grade school wrestlers*



*Hosted by Conant High School*

*700 East Cougar Trail*

*Hoffman Estates, Ill 60194*

## **Back-to-Back Individual NCAA Champions -**

*Contact Tim Cysewski – 847-491-4799 or*

*Drew Pariano: a-pariano@northwestern.edu*

### **2008 Clinic Highlights:**

*Takedown drills – different set-ups and approaches to drilling from the feet*

*Hand fighting fundamentals – shots from controlling your opponent*

*Hand control - escapes from the bottom position- scrambling*

*Quick tilts and turns – pinning combinations and leg riding*

*Drill Matches and a focus on drilling with intensity*

*45 Minute Question and Answer (demonstration) session:*

***BRING YOUR QUESTIONS REGARDNING TECHNIQUE***

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## **The Northwestern Coaching Staff**

**Tim Cysewski:** Recently named the 2008 USA Wrestling Junior and University FILA Person of the Year – Coached Jake Herbert to an NCAA Title in 2007 and Dustin Fox to an NCAA championships in 2008...In 2007, the Wildcats earned the 4<sup>th</sup> Place trophy at the NCAA Championships...Cysewski enters his 19th season as Northwestern's head wrestling coach...Under Cysewski's direction, 25 Wildcats have earned All-American honors and 79 wrestlers have qualified for the NCAA Championships (6 NCAA Qualifiers last year)...has produced three national champions and eleven Big Ten champions, in his rookie year as head coach he led Northwestern to a fourth-place finish at the NCAA Championships and a third-place finish in the Big Ten...competed for the University of Iowa, 4X National Freestyle Champion, 2X OW, 5X Midlands Champion, 2X World Team coach, he was also selected at the 2006 NWCA All-Star coach

**Ryan Bertin:** Assistant Wrestling Coach at Northwestern...Two-time NCAA 157-pound champion (2003, '05) and four-time NCAA All-American...2005 Big Ten Wrestler of the Year...ranks fifth on U of M's all-time wins list with 142-21 career mark...three-time NWCA All-Academic...three-time Academic All-Big Ten...two-time team captain...he was a state champion for St.Edward High School and won a National Title as a high school senior.

**Drew Pariano:** Associate Head Wrestling Coach at Northwestern...Named NWCA National Assistant Coach of the year (2007)...Former head coach at Cornell College (Iowa)...three time NCAA Qualifier and Midlands Tournament place-winner for Northwestern...Named the 2006 Ohio Junior National Dual team coach...three time Ohio state champion and two-time Outstanding Wrestler...earned Junior National, Asics, USA Wrestling and Amateur Wrestling News High School All-American awards while competing for Fairview High School

**Will Durkee:** Assistant Wrestling Coach at Northwestern... During his collegiate career, Will was an NCAA Qualifier for Northwestern (2006) and was also a three year starter at the University of Virginia. Will was the Virginia Intercollegiate State Wrestling Champion, a State Champion in Pennsylvania (Shadyside Academy), a high school All-American, and completed an undefeated 47-0 senior season. Durkee graduated from University of Virginia in 2006 and assumed his position as volunteer assistant coach at Northwestern on Oct. 1. In August, 2008, he began his role as a full-time assistant coach.

# 2008-2009 Northwestern Home Wrestling Schedule

<u>Date</u>	<u>Opponent/Event</u>	<u>Location</u>	<u>Time</u>
Sun. 11/09/08	Michigan State Open	East Lansing, MI	9:00 AM
Sat 11/15/08	Purdue Duals	West Lafayette, IN	9:00 AM
Sun. 11/23/08	Stanford	Palo Alto, CA	12:00 noon
Sun. 11/23/08	Cal Davis	Davis, CA	7:00 PM
Mon. 11/24/08	NWCA All-Star Classic	Columbus, OH	TBA
Thurs. 12/4/08	Northern Illinois <i>High School Night</i>	Home	7:00 PM
Fri. 12/19/08	Pittsburgh	Pittsburgh, PA	TBA
Sat. 12/20/08	Clarion	North Allegheny H.S.	12 noon
Mon. & Tues. 12/29-30/08	Midlands Championships	Home	All Day
Sat. 01/10	NWCA National Duals	Cedar Falls, Iowa	All Day
Sun. 01/11	NWCA National Duals	Cedar Falls, Iowa	All Day
Fri. 01/23/09	Michigan State <i>Alumni Night</i>	Home	7:00 PM
Sun. 01/25/09	Wisconsin	Home	2:00 PM
Sat. 01/31/09	Michigan	Ann Arbor, MI	7:00 PM
Fri. 02/6/09	Illinois	Champaign, IL	7:00 PM
Sun. 02/8/09	Minnesota	Minneapolis, MN	2:00 PM
Sun. 02/15/09	Indiana	Bloomington, IN	2:00 PM
Fri. 02/20/09	Ohio State	Home	7:00 PM
Sun. 02/22/09	Iowa	Home	2:00 PM
Sat. & Sun. 03/07-8/09	Big Ten Championships	@ Penn State	All Day
Thu. – Sat. 03/19-21/09	NCAA Championships	@ St. Louis, Mo.	All Day



## *Clinic Application (duplicate as needed)*

Mail application with full payment to:  
**Northwestern University – Att. Tim Cysewski -1501 Central Street, Evanston IL 60208**  
*To pre-register, an envelope must be postmarked by 10/27/08 or call Tim Cysewski @ 847-491-4799 or Fax to: 847-467-0295*

Name (s) If you are registering multiple coaches: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Cost: \$50 for one coach (**pre-registration**)  Make checks payable to: Northwestern University

Cost: \$45 for the 2<sup>nd</sup>/3<sup>rd</sup>/etc. coach from the same school/club (**pre-reg**)  Make checks payable to: Northwestern University

Cost: \$60 for everyone registering on Nov. 1<sup>st</sup> at the door  Make checks payable to: Northwestern University

**Schedule:**  
 12:30 - 1 p.m. Registration  
 1:00 – 3 p.m. Two sessions of instruction/technique (VIDEO TAPING IS ALLOWED)  
 3:30 p.m. **POST CLINIC SOCIAL WITH THE NU COACHES and WIN PRIZES/NORTHWESTERN GEAR IN A RAFFLE**  
**@ Papa's Pizza Place (803 East Nerge Road, Roselle IL. 60172)**

**Please Note:** Per IHSA rules, High School wrestlers are not eligible to attend this clinic!

**More Information:** Contact: Tim Cysewski (847-491-4637) or Drew Pariano ([a-pariano@northwestern.edu](mailto:a-pariano@northwestern.edu))  
 Contact: John Kane (Conant H.S.) 847-755-3618 or Dave Pena (Conant H.S.) 847-755-3775

### Conant High School Address:

**Location:** Conant High School (700 E. Cougar Trail, Hoffman Estates, IL. 60194)  
**Coaches should enter through door #1 on the south end of the school**