

**HAWKEYE  
WRESTLING CLUB  
2013 COACHES  
CLINIC  
FRIDAY NOVEMBER 1ST**

FEATURING OLYMPIC GOLD MEDALIST  
AND FORMER HAWKEYE HEAD WRESTLING COACH DAN GABLE



Gable will discuss peaking during the wrestling season



**JESSE DONNENWERTH**

University of Iowa Wrestling Athletic trainer Jesse Donnenwerth will discuss Injury Prevention, Nutrition, and Pre-season preparation for high school wrestling.

**TENTATIVE SCHEDULE**

4:30-5:30PM COACHES REGISTRATION

TEAM WORKOUT DURING REGISTRATION

5:45-6:30PM- JESSE DONNENWERTH

6:45-7:30PM- BRENT METCALF

7:45-8:45PM- DAN GABLE

9:00PM- COACHES SOCIAL @ BLUEBIRD DINER



Bluebird Diner

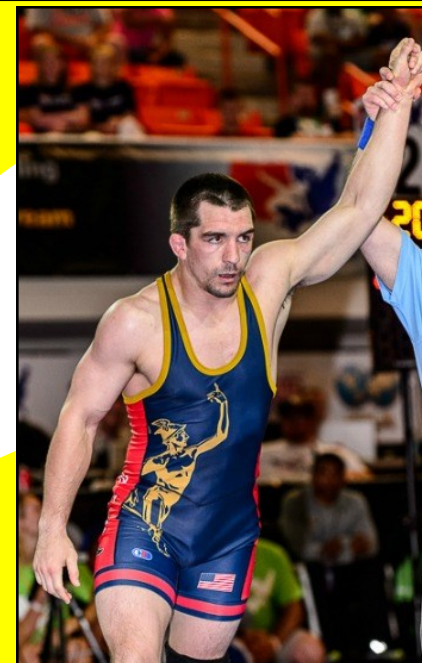
330 E Market St, Iowa City, IA 52245

**THE UNIVERSITY OF IOWA**

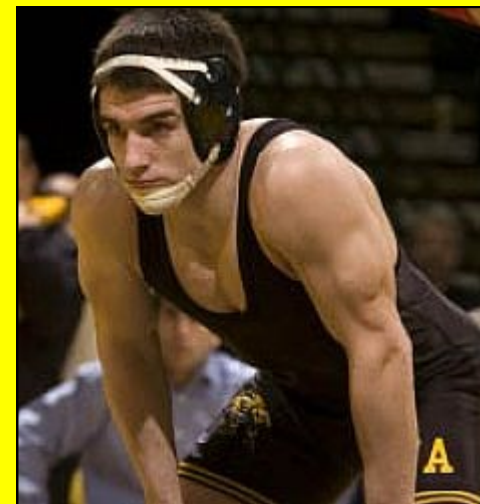
S210 Carver-Hawkeye Arena  
Iowa City, IA 52242

Ben Berhow  
Volunteer Assistant Coach  
University of Iowa Wrestling

Phone: 507-402-0476  
E-mail: benjamin-berhow@hawkeyesports.com



2013 Senior World Team Member Brent Metcalf will be demonstrating a world class drill session and will discuss getting mentally prepared during warm-up.



Brent Metcalf was a 3x NCAA finalist and 2x NCAA Champion for the Hawkeyes.

# CLINIC APPLICATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

**CLINIC COST: \$55.00**

Complete and return this form with a check payable to **Hawkeye Wrestling Club**. Send to:

Hawkeye Wrestling Club  
 S210 Carver Hawkeye Arena  
 Iowa City, IA 52242  
 (319) 335-9405



You will receive an e-mail confirmation with hotel options and parking details.

Registration will be held at the Dan Gable Wrestling Complex in Carver-Hawkeye Arena.

The first 100 coaches to pre-register will be included on a pass list for the Iowa vs. Wisconsin on Saturday Nov 2nd.

\*There is no guarantee that seats will be together

No video taping is allowed.

# 2013-2014 SCHEDULE

Date	Opponent/Event	Location	Time
11/15/13	Tournament TBD	TBD	TBA
11/16/13	Tournament TBD	TBD	TBA
11/17/13	Tournament TBD	TBD	TBA

### IOWA CITY DUALS

11/22/13	Vs Baker	Iowa City, IA	TBA
	Vs Cornell College	Iowa City, IA	TBA
	Vs Iowa Central CC	Iowa City, IA	TBA

### IOWA CORN CY-HAWK SERIES

12/01/13	at Iowa State	Aims, Iowa	TBA
	At Edinboro	Edinboro, PA	TBA
	Vs Buffalo	Iowa City, IA	TBA

### MIDLANDS

12/29/13	Midlands Championships	Evanston, Ill	
12/30/13	Midlands Championships	Evanston, Ill	

01/03/14	at Purdue	West Lafayette, Ind	TBA
01/05/14	vs Michigan State	Iowa City, IA	TBA
01/10/14	vs Oklahoma State	Iowa City, IA	TBA
01/12/14	vs Indiana	Iowa City, IA	TBA
01/18/14	at Nebraska	Lincoln, NE	TBA
01/31/14	at Northwestern	Evanston, IL	TBA
02/09/14	vs Michigan	Iowa City, IA	TBA
02/14/14	at Lehigh	Bethlehem, PA	TBA
02/23/14	at Wisconsin	Madison, WI	TBA

### Big Ten Championships

03/08/14	Session I	Madison, WI	All Day
	Session II	Madison, WI	All Day
	Session III	Madison, WI	All Day

### NCAA Championships

03/20/14	Session I	Oklahoma City, OK	
	Session II	Oklahoma City, OK	
03/21/14	Session III	Oklahoma City, OK	
	Session IV	Oklahoma City, OK	
03/22/14	Session V	Oklahoma City, OK	
	Session VI	Oklahoma City, OK	