

# **WRESTLING MINI-CLINIC PROGRAM**

## **October 7, 2015**

- 8:30 a.m. - 9:00 a.m. – Registration**
- 9:00 a.m. - 9:45 a.m. – Nutrition, Diet and Weight Management**  
*Josh Henson*  
*Shorter University*
- 9:45 a.m. – 10:00 a.m. – Break**
- 10:00 a.m. – 10:45 a.m. – Guided “Buzz” Session**
- 10:45 a.m. – 11:00 a.m. – Break**
- 11:00 a.m. – 11:30 a.m. – AHSAA Updates and Questions & Answers**
- 11:30 a.m. - 12:30 p.m. – Lunch and Networking (lunch provided)**
- 12:30 p.m. – 1:30 p.m. – Peaking Your Team for the Post Season**  
*Josh Henson*
- 1:30 p.m. – 2:30 p.m. – Getting the Most Out of Your Practice**  
*Josh Henson*

***CERTIFICATE OF ATTENDANCE WILL BE GIVEN AT THE CONCLUSION OF THE CLINIC***