



2016 Coaches Clinic

October 1st

@ Doubletree Baltimore North - Pikesville

Saturday, October 1, 2016

8:00 – 9:00 Registration (Hotel Lobby)

9:00 Session 1 - Ronnie Wuest

10:00 Session 2 - Brad Howell

11:00 Session 3 - Rohan Murphy

12:00 Lunch Break

1:00 Session 4 - Todd Beckerman

2:00 Session 5 - Gene Zannetti

3:00 Session 6 - Kevin Dresser

4:00 Session 7 - Helen Maroulis/Kyle Snyder

6:00 Awards Presentation (Eareckson, Triple Crown, AA Awards plus Olympian Celebration)

Cost: \$80 Clinic Only, \$40 Dinner Only,
\$110 Clinic and Dinner, \$40 Dinner for Award
Winner and 2 guests, \$25 Dinner for Award
Winner and 1 guest, During 4pm Session HS
Kids and Under are Free

Registration: [Click Here](#)

POC: Ben Metcalfe, ben_metcalfe@aol.com
(443) 566-0519

Gifts and Raffle Items Provided By:





Session 7 -

Helen Maroulis -

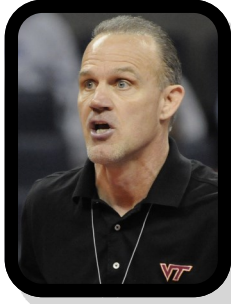
- 2016 U.S. Olympic Champion (First in US Women's History)
- 2015 World champion
- 2012 World silver medalist
- 2013 World bronze medalist
- Three-time Junior World medalist (2011 silver, 2008 & 2010 bronze)
- 2013 and 2015 World Cup champion
- 2011 Pan American Games champion
- Six-time U.S. Open champion
- Four-time WCWA women's college national champion



Session 7 -

Kyle Snyder -

- 2016 U.S. Olympic Champion (Youngest in US history)
- 2015 World Champion
- 2015 Pan American Games champion
- 2016 World Cup champion
- 2013 Junior World Champion
- 2015 U.S. Open champion
- 2014 Junior World bronze medalist
- 2016 NCAA champion for Ohio State, second in 2015 NCAA Championships
- 2013 ASICS High School Wrestler of the Year



**Session 6 - Coaching Development
"Teaching People to Be Great"**

Kevin Dresser - Hired as Virginia Tech's coach in April of 2006, Kevin Dresser has gradually built the Hokies' wrestling program into one of the nation's elite. The Hokies won ACC tournament championships in both 2013 and 2014, along with a dual meet title in 2015 and 2016, finishing in the top 10 nationally in all four of those years. In 2016, the team finished a program and ACC best fourth place, earning the first team trophy in school history. Dresser has been named the ACC Coach of the Year for the past 4 years.

Dresser was the head coach at Christiansburg High School for 10 seasons, winning the Group AA state title five times and claiming second place three times. Prior to his stint in Christiansburg, he led Grundy High School to eight titles in as many years. Dresser coached 69 individual state champions during his 18 year HS coaching tenure.

A native of Humboldt, Iowa, Dresser was a two-time high school state champion at Humboldt High School. In 2009, Dresser was inducted into the Iowa High School Athletic Association Wrestling Hall of Fame. In 2013, Dresser was honored with the Lifetime Service Award given in recognition of years of dedication to the development of leadership and citizenship in the youth through wrestling by the Virginia chapter of the National Wrestling Hall of Fame. In April of 2014, he was one of three inductees into the Iowa Wrestling Hall of Fame.

Dresser graduated from the University of Iowa, where he won a national title in 1986 at 142 pounds. He was a two-time All-American (placing fourth in 1985 at 142 pounds), as well as a two-time Big Ten champion. For his performance in 1986, he received the Mike Howard Award, given to the most valuable wrestler for the Hawkeyes.

Dresser earned his B.S. in general studies from Iowa in 1986. He and his wife, Penny, have three children: Emma, Anna and Jack. Penny Dresser is a native of Blacksburg, and the family resides in Riner.



Session 4 - Preparing an Athlete for College

Todd Beckerman - Former Nebraska All-American, enters his fourth season as the leader of the Brown University wrestling program in 2016-17 after taking over the position on June 14, 2013. Beckerman joined the Bears' coaching staff following eight successful seasons at the University of Maryland, where he served as the head assistant coach and recruiting coordinator.

Beckerman coached two NCAA Championship qualifiers, All-Ivy performers, and EIWA placers in Justin Staudenmayer '17 and Steven Galiardo '17 in 2015-16. In addition to their success on the mat, the Bears achieved in the classroom, posting the nation's third-highest team GPA according to the NWCA to stay in the top 10 for the fifth straight year.

In 2014-15, Beckerman guided a pair of NCAA Championship qualifiers in Ophir Bernstein '15 and Staudenmayer with both wrestlers picking up a win at the tournament. He coached Billy Watterson '15, an All-Ivy performer, who also founded a non-profit, Beat the Streets Providence, bringing scholastic wrestling to Providence middle schools and earning several awards. Beckerman also maintained his team's academic integrity as the Bears posted the nation's fifth-best team GPA according to the NWCA.



**Session 2 - Building/
Running a HS Pro-
gram, Season and
Practice Planning**

Brad Howell - Head Wrestling Coach - Oakland Mills High School, MD (18 years), Viper Junior Rec Program

2015 1A/2A State Duals Champions

2015 1A/2A Team State Champions

2015 Baltimore Sun All-Metro Wrestling Coach of the Year

6X Regional Champions

2016 MPSSAA Sportsmanship Award

2016 MWOA Sportsmanship Award

Founder Orange Crush Wrestling Club, Running 18 Years

11 Years Coaching Maryland National Team

Never had a losing season in 18 years of MD high school coaching



**Session 1 - Starting a
Small Town Program,
Running a Year Round
Program , Business of
Running a Program**

Ronnie Wuest - Coached Holy Cross Middle School in Dover, DE

Began Top Team Youth year around wrestling club in 2009

Max capacity of 30 kids

Top Team has produced 4 DE High School State Champions, 12 top 3 place finishers, 8 Conference champions, 15 conference top 3 place finishers, 1 MAWA National champion, 2 NHSCA All- Americans (1 finished a close 2nd), one wrestler is currently ranked 11th in the nation entering his high school Junior year by Wrestling USA. It has also produced 19 Kids State champions and 27 top 3 place finishers.

Won Gold medals in IBJJF Worlds, Pan Ams, Boston, Atlanta & New York International Open Brazilian Jiu-Jitsu Tournament

Owner of three Jiu-Jitsu / MMA / Wrestling academies in Delaware



Session 5 - Wrestling Mindset (Predator vs Prey, Building a More Aggressive Wrestler)

Gene Zannetti- Cofounder of Wrestling Mindset. Former Nationally ranked, All-Ivy League wrestler at the University of Pennsylvania. 2 Masters Degrees in Exercise Science/Sport Psychology & Clinical Psychology. Certified Personal Trainer & Sports Nutritionist. Published in the International Journal of Wrestling Science. Annual Speaker at the National Wrestling Coaches Convention & Pennsylvania Coaches Convention. Has helped thousands of wrestlers & many teams around the country including the Olympic Team, Rutgers, Maryland, Michigan, Iowa State and many more.



Session 3 - Motivational Speaking

Rohan Murphy - Rohan Murphy is a nationally recognized youthspeaker that has spoken in over 40 states. Rohan, who lost his legs at birth, started to wrestle his freshman year of high school. After a successful high school wrestling career he went on to wrestle at Penn State University. In addition to wrestling, Rohan Murphy is also an accomplished powerlifter, competing in international competitions all over the world representing the USA.

Rohan Murphy has been featured in publications such as ABC news, Sports Illustrated, and many more. He was even featured in his very own Nike commercial to motivate and inspire people to exercise and live a healthy lifestyle.

Now Rohan Murphy is a professional motivational speaker. He lived his whole life motivating people by his actions, he is now motivating the youth of America by his words. Rohan's life story is a gripping tale of adversity, dedication, and living life with a purpose.