

ASKREN WRESTLING ACADEMY

COACHES COLLEGE



Expand your coaching knowledge with AWA

Hear from the coaches at AWA along with other accomplished coaches from Wisconsin. Learn new techniques and drills along with examining important topics in Wrestling.

Topics:

Team Building | Sports Psych | Practice Planning
Scheduling | Weight Training | Much More

Dates:

Sept. 21 - AWA LC | John Mesenbrink
Sept. 28 - AWA NS | Ben Askren
Oct. 5 - MSOE | Matt Zwaschka
Oct. 12 - AWA LC | Lewie Benitz
Oct. 19 - AWA NS | Max Askren
Oct. 26 - AWA NS | Ben Askren

BONUS!!!

Buy any 15 Custom Cage Fighter singlets, shorts, or bags from AWA and bring two coaches for FREE!

All sessions will be held at 12:00pm- 1:30pm

Pre-Registration:

All- Sessions \$150 for one coach or \$175 for two coaches (from same city/school/club) OR \$30 per session.

<https://askrenbros.wufoo.com/forms/awa-coaches-college/>

Day of Registratoin:

Walk ins are available for \$35

Click to Register!