

All High School Wrestlers, Coaches & Parents are Invited



IWCOA Convention & Awards Presentation

Sunday, April 7, 2019

Shepard High School, Palos Heights

Convention & Awards Presentation is OPEN to All HS Wrestlers-Parents-Coaches

Mats will be in gym, bring workout gear

9:00 - Registration

9:30-11:30AM

For Wrestlers:

Freestyle & Greco Roman Wrestling Clinic Presented by Joe Rau, Mary Kelly & Bryan Medlin

Coaches Clinic Presented by Mike Poeta

For Parents & HS Coaches:

State of the IHSA—Craig Anderson Executive Director of IHSA

IHSA Weight Certification Program—Kelley Altom

-Clarifying regulations and addressing the hot topics

- Importance of training competent body fat assessors

Freestyle & Greco Roman Officials Clinic—Jason Salley

College Coaches will have information on their schools and camp information.

11:45AM-12:15PM Pre-Lunch Awards-Board Member of the year, Official of the year, Administrator of the Year, Newsman of the year.

12:15-1:00PM Buffet Luncheon

1:00PM-2:30PM Award Presentation—All State Certificate Presentation, Coach, Assistant Coach of the Year, 1A, 2A, 3A Wrestler of the Year, Scholastic Wrestler of the Year, Ken Gerdes III Leadership Awards.

Ticket are \$25 per person.

IHSA All State (medal winners) wrestlers and IWCOA Girls State (medal winners)

are guests of the IWCOA.

IHSA All State Wrestlers & IWCOA Girls State Wrestlers must RSVP to agenovesi@nddons.org

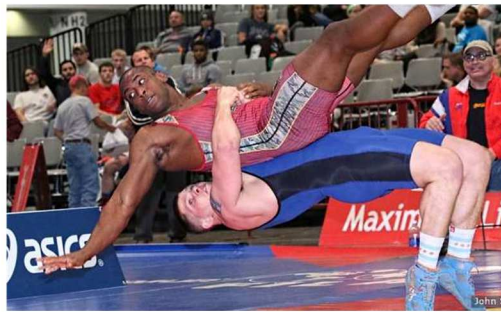
Find out more at www.iwcoa.net

Tickets may also be ordered online at this site. Deadline for ticket orders: March 31, 2018

2019 IWCOA Clinicians

Mary Kelly, Mahomet-Seymour HS

First Female Wrestler to be Inducted in
IWCOA Hall of Fame
FILA Junior National Champion
University National Champion
USAW National Team for seven years



Joe Rau, St. Patrick HS 2016
US Open National Champion 2016
Olympic Trials Champion
2018 US Open National Runner-Up



Bryan Medlin,

Director of Operations and Head Coach of the Illinois Regional Training Center.

2015 IHSA High School Coach of the Year
National Greco-Roman Coach of the Year.
10 USAW National dual team championships,
19 Fargo National team titles

Coaches Clinic



Mike Poeta, University of Illinois Assistant Coach.
Highland Park HS, 2-time IHSA State Champion

One of the most successful wrestlers in Fighting Illini history.
3-time All-American
2-time NCAA finalist
2-time Big Ten champion