

CELEBRATE ILLINOIS' ALL STATE WRESTLERS



IWCOA Convention & Awards Presentation

Sunday, April 26, 2020

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

Featuring 2016 Olympian Haley Augello & 2019 World Bronze Medalist Max Nowry

Coaches Clinic Presented by Steve Marianetti-Elmhurst College & Jeremy Spates-SIUE

For Parents & HS Coaches:

State of the IHSA—Sam Knox, Assistant Director of IHSA—Wrestling

How to get recruited Presented by:

- **Steve Marianetti-Elmhurst College, Jeremy Spates-SIUE, Tim Duggan-Triton College**
- **And CollegeWrestlerRecruiting.com**

Trying to get recruited to wrestle in college? College coaches evaluate a student-athlete's athletic skill set, grades and personality, they want to recruit someone who is going to be the right fit for the team's chemistry, and who is coach-able.

IHSA Weight Certification Program—Kelley Althom

- Clarifying regulations and addressing the hot topics
- Importance of training competent body fat assessors

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 \$20 per person.

IHSA All State Placer, IWCOA Girls State Placers & IWCOA Freshman/Sophomore State Placers

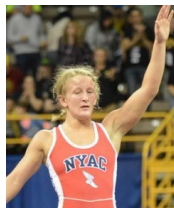
are guests of the IWCOA and MUST RSVP to agenovesi@nddons.org

Find out more at www.iwcoa.net

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

The IWCOA is a 501(c) 3 charity and all donations are tax deductible.

Haley Augello



Haley is a graduate of Lockport High School. 2016 Olympic Team Member, Haley Augello is currently ranked second at 53kg in USA. She is a three-time WCWA college nationals champion for King University and 2011 Cadet World champion. Haley was inducted into Tennessee Sports Hall of Fame and was Amateur Female Athlete of the Year. In 2012 and 2013, she was ASICS Girls High School Wrestler of the Year.



Max Nowry



Max Nowry is a graduate of Wheeling High School. He finished in fifth place at the 2019 World Championship. He is currently ranked first at 55kg on TEAM USA Greco Roman. Max has made the past two national teams, won the 2018 US Senior Open Championships, and taken 2nd Place at the 2018 Pan American Championships. Max, a 2012 University World Champion, has been competing on the Senior circuit for nearly a decade. He was a two-time Junior World Team member in 2009 and 2010.

Steve Marianetti-Elmhurst College



A 2X winner of the NCAA Division III Coach of the Year award, Steve Marianetti, a former NCAA Champion & assistant wrestling coach at Illinois, is entering his 18th season as head wrestling coach at Elmhurst College. While a member of the UI wrestling team, Marianetti was one of the most decorated athletes at Illinois. He was a 3X All-American and won the NCAA Division I national championship at 150 pounds in 1995. After graduation, he continued competing in freestyle wrestling, earning a gold medal at the 1997 Pan-American Championships, silver medals at the 1998 Goodwill Games & World Cup, and a gold medal at the 1998 U.S. National Championships.

Jeremy Spates-SIUE



When Jeremy Spates joined SIUE wrestling as the program's head coach five seasons ago, his aim was the "Restore the Glory." Spates came to SIUE after nine seasons as one of the nation's premier assistant coaches. With an impressive track record of performance as both a coach and a student-athlete, he spent four seasons as an assistant at Cornell University, helping Head Coach Rob Koll and the Big Red to a fifth-place finish at the 2013 NCAA Championships. He also spent five seasons as an assistant coach under his father, Jack Spates, at the University of Oklahoma. Spates was a 2004 NCAA All-American as a student-athlete at the University of Missouri.

Kelley Althom



Kelley does more than just "weigh-in" athletes at Goldstandard Systems, Inc. As an Exercise Physiologist, Kelley created the first mobile Hydrostatic Weighing body fat system in the mid 1990's to address the needs of high school wrestlers and has personally assessed over 12,000 participants. Kelley was contracted by the Illinois High School Athletic Association to pioneer their Wrestling Weight Control Program. Kelley will speak on the standardized procedures for accurately assessing hydration status, body weight and percent body fat using the 3-site skinfold technique.

