



2024 Denver Wrestling Coaches Insider Clinic

John Hancock Wrestling Center, Colorado School of Mines – Golden, CO

Saturday, October 5, 2024:

Time	Topic	Speaker(s)
8:00 AM	Doors Open	
8:25 AM	Introduction	Austin DeVoe
8:30 AM	Session #1: Takedown Finishes	Matt Storniolo
9:00 AM	Add-On Technique for Session #1	Jeremy Spates
9:10 AM	BREAK	
9:15 AM	Session #2: Misdirection Attacks	Jeremy Spates
9:45 AM	Add-On Technique for Session #2	Matt Storniolo
9:55 AM	BREAK	
10:00 AM	Session #3: Top/Bottom (Breakdowns, Bars, Clearing Hips)	Matt Storniolo
10:30 AM	Add-On Technique for Session #3	Jeremy Spates
10:40 AM	BREAK	
10:45 AM	Session #4: Tops (Tilts to Legs and Legs to Tilts)	Jeremy Spates
11:15 AM	Add-On Technique for Session #4	Matt Storniolo
11:25 AM	BREAK	
11:30 AM	Session #5 – Part 1: Go-To Drills	Matt Storniolo
11:45 AM	Session #5 – Part 2: Go-To Drills	Jeremy Spates
12:00 PM	LUNCH (on your own)	
1:30 PM	Session #6: Clearing Ties	Nick Brascetta
2:00 PM	Add-On Technique for Session #6	Jarion Beets
2:10 PM	BREAK	
2:15 PM	Session #7: Takedowns (Snatch Singles)	Jarion Beets
2:45 PM	Add-On Technique for Session #7	Nick Brascetta
2:55 PM	BREAK	
3:00 PM	Session #8: Bottom (Change Over Series)	Nick Brascetta
3:30 PM	Add-On Technique for Session #8	Jarion Beets
3:40 PM	BREAK	
3:45 PM	Session #9 – Part 1: Go-To Drills	Jarion Beets
4:00 PM	Session #9 – Part 2: Go-To Drills	Nick Brascetta
4:15 PM	Clinic Close	Austin DeVoe