

20th ANNUAL 2012 SPRING CLINIC



WHEN: Friday - April 20, 2012

WHERE: University of Indianapolis – Ruth Lilly Fitness Center

TIMES:

8:00 - 9:00 a.m.	Ruth Lilly Fitness Center
	- Downstairs lobby
9:00 - 11:00 a.m.	Braumon Creighton
	- Creighton School of Wrestling, San Jose CA
11:00 - 12:30 p.m.	Lunch and IHSWCA Business Meeting
	- Regional Coach of the Year presentations
12:30 - 2:30 p.m.	Braumon Creighton – CSW, San Jose
	- Technique, questions, & answers

COST: **\$35.00 individual**
\$30.00 per coach for staff of 2 or more
 **comes with new IHSWCA Thumb drive,
 loaded with coaching ideas from coaches across the state and country

Register and pay at the door –
email Trent Staggs if you plan to attend -
staggt@msdmail.net

We need to make sure we have enough food for lunch.

Braumon Creighton – 4x NCAA AA – founder Creighton School of Wrestling

Athletic Achievements

2010 NCAA DII Hall of Fame Inductee
 2007 Nebraska Scholastic Wrestling Coaches Association Hall of Fame
 2005 California Community College “Wrestling Coach of the Year” Finalist
 2004 University of Nebraska at Omaha Hall of Fame Inductee
 1999 Omaha Sportscasters’ Association, “Sportsman of the Year”
 1999 & 1998 NCAA DII Champion
 1996 - 1999 4x NCAA DII All-American (5th, 3rd, 1st, 1st)
 1999 North Central Conference Champion & “Wrestler of the Year”
 1998 University of Nebraska at Omaha “Student-Athlete of the Year”
 1997 & 1996 Academic All-American
 1994 Nebraska High School Wrestling State Champion

Coaching Achievements

March 2008 Founded the Creighton School of Wrestling,
 - now running at 3 locations across California
 Coached Collegiately
 - Stanford, Skyline Community, San Fran. State U.
 Current Head Coach at Valley Christian in San Jose
His Mental Toughness seminar has been used by a variety
 of schools and sports now including football, baseball and
 volleyball teams, St. cloud State Wrestling team, Stanford
 Wrestling, San Fran Wrestling, multiple MMA gyms,
 including professional fighter Nate Marquardt

***Coach Creighton will have his DVD series available for purchase**