

**Cumberland Valley  
Fall Wrestling Clinic  
Sunday September 26<sup>th</sup> 2010  
Featuring Coaches  
Rob & Robbie Waller**

**Rob Waller**

- Rob Waller's All-American Wrestling Club, Director
- 2X Olympic Trial Finalist
- NJCAA National Champion
- Member of NJCAA National Wrestling Hall of Fame
- Member of Pennsylvania Wrestling Hall of Fame

**Robbie Waller**

- Lock Haven University Head Coach
- NCAA Division I Champion
- 2X NCAA Division I All-American
- Wrestled at University of Oklahoma
- Coached at University of Oklahoma and Missouri
- Pennsylvania High School State Champion

**What:** Training for wrestlers of all ages and levels of experience

- ✓ Clinic will consist of 3 training sessions, 6 hours of training
- ✓ Training will include technique, hard drilling, and live wrestling

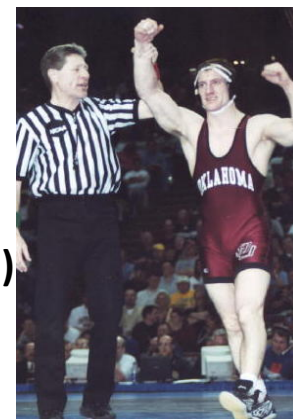
**When:** Sunday, September 26<sup>th</sup> 2010

**Where:** Cumberland Valley High School Wrestling Room located in the High School at 6746 Carlisle Pike, Mechanicsburg, PA 17050

**Cost:** \$85.00 per wrestler (two wrestlers from the same family for \$150.00) cost does not include lunch or dinner

**Clinic Schedule:**

- 8:30 – 8:55 (check-in)
- 9:00 – 11:00 (training session #1)
- 11:00 – 12:30 (lunch break on your own)
- 12:45 – 2:45 (training session #2)
- 2:45 – 3:45 (break on your own)
- 4:00 – 6:00 (training session #3)



Robbie Waller 2003 NCAA Champ

**Clinic space is limited! Preregistration with full payment required NLT September 10<sup>th</sup> 2010!  
For more information, clinic application, and to reserve your slot contact:  
Fred Stroker at: 724-953-7555 (cell) Email: [fredstroker@comcast.net](mailto:fredstroker@comcast.net)**