

TITAN TRAINED STAFF

Mike DeRoehn

Head Coach-UW Oshkosh
WWF State Coach

Chris Stratton

Asst. Coach-UW Oshkosh

Jared Esala

Head Coach-Oshkosh West HS
University National Runner-up
US Open All-American

Current UWO Titan Wrestlers

TECHNIQUES

Takedowns-The focus in the neutral position will be on solid leg attacks, set-up by consistent pressure on the opponent. We will also learn how to work the head, short offense, and upper body throws/trips.

Defense and Counter Attacks- Here we will cover solid lines of defense, and what to do when an opponent gets to your legs. An offensive defense !

Top- Although we will cover many top techniques, the focus will be on turning the toughest opponents with tilts and legs.

Bottom- Attack from the bottom with an explosive stand-up series as well as secondary bottom combinations.

Drilling- Learn to drill the above mentioned topics both intensely and effectively through pressure wrestling!

Games-Each practice Titan Trained Wrestlers will participate in an array of wrestling related games that will reinforce wrestling skills while having FUN!

REGISTRATION FORM

Name _____

Address _____

City _____ State _____

Zip _____ Birth date _____

Wt _____ Grade _____

Phone _____

Email _____

****Must have valid email address listed****

Parent/Guardian

WAIVER STATEMENT

I hereby waive, release, and forever discharge the University of Wisconsin-Oshkosh, the UWO Athletic Department, Titan Trained Wrestling Club, USA Wrestling and their representatives from any liability, or property damage that may occur during participation in this club/clinic. I am aware of the risks involved with wrestling and verify that this participant is physically fit to participate. I grant permission for my son/daughter to receive medical treatment by a medical professional.

Parent Signature _____

Date _____

A USA Wrestling Card is **required** to attend Titan Trained Wrestling Club and may be purchased for \$30 by visiting
www.wiwrestling.com/WWF/membership

DETAILS

Practices will begin in October and continue to run on a monthly schedule through March. Regular practice days, times, and locations are as follows.

Tuesdays and Thursdays Evenings

6-7:30pm

LOCATION

UW Oshkosh Wrestling Room
Kolf Sports Center
Oshkosh, WI 54901

COST

- Fall Session (Oct. 23 -Dec. 18) \$160
- Winter Session (Jan. 6-Mar.26) \$240
- Payment in full must be made prior to enrollment. Payment for Winter Session is due no later than December 4th.
- Enrollment for each session will be limited to 30 athletes. It is recommended that you pre-register early as this will fill very fast.

Please make checks payable to UWO SPORTS CAMPS

Mail completed registration form with payment in full to

UWO Sports Camps
800 Algoma Blvd.
Oshkosh, WI 54901



About Us

Coach DeRoehn is in his fifth season as the Head Wrestling Coach at the University of Wisconsin-Oshkosh. The Titans are well on their way to becoming one of the top teams in NCAA Division III. In the 2006-2007 season, the Titans were nationally ranked for just the second time in school history, attained their first NCAA qualifier since 2001, and attained their first All-American in nearly a decade. In 2008, DeRoehn led the Titans to their first appearance at the 2008 National Dual Meet Championships.

In addition to the accolades beginning to mount on the wrestling mat, DeRoehn has coached two Academic All-Americans and the Titans were named one of the Top 20 NCAA Scholar Wrestling Teams in 2007.

In 2006 Coach DeRoehn became the State Coach for the Wisconsin Wrestling Federation guiding the Wisconsin National Team at the Schoolboy, Cadet and Junior level. Since then Wisconsin has had 38 All-Americans at the Cadet/Junior National Tournament including 5 National Champions. In 2008 DeRoehn led Team Wisconsin to it's first ever NATIONAL CHAMPIONSHIP at the Cadet National Duals.

A Note from the coach

The focus of Train Like a Titan Wrestling will be on proper instruction of fundamental technique, training methods, learning how to drill, how to compete, and most importantly, having fun! I hope you will join us this season to learn the techniques and training methods we use to train All-Americans. Take your wrestling to the next level. Get "TITAN TRAINED"!

Sincerely,
Coach DeRoehn



For more information contact:
UW-Oshkosh Head Wrestling Coach
Mike DeRoehn at 920-424-1201
Or email deroehnm@uwosh.edu



"TITAN TRAINED"

"TRAIN LIKE A TITAN"

WRESTLING

2008-2009



"TITAN TRAINED"

University of Wisconsin-
Oshkosh

Open to all wrestlers in
grades 3-8