

Longwood Wrestling Booster Club presents -  
**The Longwood Wrestling Clinic**  
**Clinic Counselors:**

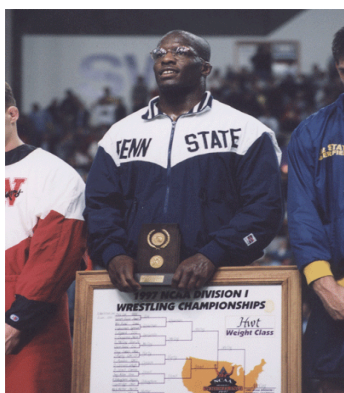


Bo Nickal – Penn State University

2017-18 NCAA Champion  
2016-17 NCAA Champion  
2015-16 NCAA Finalist  
3X Texas State Champion

Shakur Rasheed – Penn State University

2017-18 NCAA All-American  
2X New York State Champion  
2X Suffolk County Champion  
Former Longwood Wrestler



Kerry McCoy – Head Coach University of Maryland

2X US Olympic Team Member  
4X World Cup Team Member  
2X NCAA Champion  
US Olympic Coach  
3X ACC Coach of the Year

When: Sunday, June 3<sup>rd</sup>

Where: Longwood High School – 100 Longwood Road, Middle Island NY

Info: Registration begins at 11 am.

Two sessions of technique and wrestling (12 to 2 and 2:30 to 4:30)

\$50 for participants and \$25 for spectators (parents of participants – free)

Food concession will be available throughout the day

For information contact Coach Bowlay - [elrich.bowlay@longwoodcsd.org](mailto:elrich.bowlay@longwoodcsd.org)

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