

# **2010 REGIONAL TRAINING SITES SCHEDULE**

| <u>REGION</u>  | <u>TRAINING SITE</u>               | <u>DIRECTOR</u> | <u>WEEKNIGHT</u> | <u>TIME</u> | <u>PHONE</u>         | <u>E-MAIL</u>                                                                    |
|----------------|------------------------------------|-----------------|------------------|-------------|----------------------|----------------------------------------------------------------------------------|
| NORTHWEST      | LOWELL HS                          | JOE WILLMANN    | WEDNESDAY        | **6:00 pm   | (765)499-0378        | <a href="mailto:jwillmann@tricreek.k12.in.us">jwillmann@tricreek.k12.in.us</a>   |
| NORTH          | PENN HS                            | BRAD HARPER     | THURSDAY         | 6:00pm      | (574)485-7911        | <a href="mailto:bharper@phm.k12.in.us">bharper@phm.k12.in.us</a>                 |
| NORTH          | MISHAWAKA                          | DARRICK SNYDER  | TUESDAY          | 5:00pm      | (574)254-7346        | <a href="mailto:snyderd@mishawaka.k12.in.us">snyderd@mishawaka.k12.in.us</a>     |
| NORTHEAST      | GARRETT HS                         | JOE CAPRINO     | WEDNESDAY        | 6:30pm      | (260)402-8278        | <a href="mailto:joe@garrettwrestling.com">joe@garrettwrestling.com</a>           |
| NORTH CENTRAL  | OAK HILL HS                        | MIKE MULLINEX   | TBA              | TBA         | (765)395-6042        | <a href="mailto:Oakhillwrestling@aol.com">Oakhillwrestling@aol.com</a>           |
| WEST CENTRAL   | PURDUE WRESTLING ROOM              | TOM MILLER      | WEDNESDAY        | 6:00pm      | (765) 714-0713       | <a href="mailto:tmiller@lsc.k12.in.us">tmiller@lsc.k12.in.us</a>                 |
| INDY EAST      | NEW PALESTINE HS (back of aux gym) | JAMIE WINGLER   | THURSDAY         | 6:00 pm     | (317) 861-4487 x1710 | <a href="mailto:jwingler@newpal.k12.in.us">jwingler@newpal.k12.in.us</a>         |
| INDY SOUTHWEST | PERRY MERIDIAN HS                  | JIM TONTE       | TUESDAY          | 6:00 pm     | (317) 885-0719       | <a href="mailto:jtonte@msdpt.k12.in.us">jtonte@msdpt.k12.in.us</a>               |
| INDY NORTH     | LAWRENCE NORTH                     | JARED WILLIAMS  | THURSDAY         | 5:30 pm     | (317) 417-2676       | <a href="mailto:jaredwilliams@msdlt.k12.in.us">jaredwilliams@msdlt.k12.in.us</a> |
| INDY CENTRAL   | ARLINGTON HS                       | NICK HULL       | WEDNESDAY        | 6:00 pm     | (317) 226-2987       | <a href="mailto:hullw@ips.k12.in.us">hullw@ips.k12.in.us</a>                     |
| SOUTHEAST      | JEFFERSONVILLE HS                  | DANNY STRUCK    | WEDNESDAY        | 4:30 pm     | (812) 282-6601 X 113 | <a href="mailto:dstruck@gcs.k12.in.us">dstruck@gcs.k12.in.us</a>                 |

++ Central Standard Time

The Regional Training sites are open to all wrestlers, schoolboy age division and older. There is no charge for admission. However, all wrestlers must present a current USA Wrestling Competitor's card in order to participate.

RTC's are made available so that once a week wrestlers from around the region can come together to learn from new sources and work out some of the best competition in your area, in a friendly atmosphere. A variety of coaches will be on hand to share their knowledge.

RTC's will begin the week of March 1, 2010. Be sure to check with your "Region RTC Coordinator" regarding the schedule. Some RTC's will not be operating during spring break. This will vary from site to site.

Wrestlers and coaches who anticipate being a part of a "Team Indiana" trip are strongly encouraged to attend the RTC work-outs. Training with different coaches and working out with some of the state's top wrestlers will serve to increase your knowledge and improve your skills.

The ISWA is constantly striving to improve our programs. Any and all ideas are welcome.

**Rex Peckinpaugh, RTC Director**  
**Phone: (765) 529-4110 — E-mail: [rpeckinp@nccsc.k12.in.us](mailto:rpeckinp@nccsc.k12.in.us)**