

**Bill Welker's  
PANCAKE SERIES**

*“Dr. Welker's Signature Takedown”*

**Mini-clinic Components**

- **Introduction: “Weight Management & The significance of Takedowns in Wrestling”**
- **Two-hour demonstration of the Pancake Series**
- **Weight Management & Pancake Series Handouts**
- **The public is invited to attend**
- **Q & A Session on all aspects of wrestling**
- **Each wrestler will receive a copy of *The Wrestling Drill Book*, approx. a \$20.00 value and autographed by Dr. Welker.**

**Cost per Wrestler (K-12): \$30.00**

**DR. BILL WELKER**

- **PIAA STATE CHAMPION & STATE RUNNER-UP**
- **ON COACHING STAFF OF THREE WEST VIRGINIA AAA STATE CHAMPIONSHIP TEAMS**
  - **5-TIME WV SPORTSWRITER OF THE YEAR**
  - **NATIONAL SPORTSWRITER OF THE YEAR**
    - **NATIONAL OFFICIAL OF THE YEAR**
- **AUTHOR/EDITOR OF *THE WRESTLING DRILL BOOK***

**Dr. Welker, who possesses over 50 years of experience in wrestling, charges NO Expert Clinician Fee to the school, booster organization or mat club sponsoring the mini-clinic. You may contact Bill Welker for further details at:**

**E-Mail: [mattalkwv@hotmail.com](mailto:mattalkwv@hotmail.com)**

**Home Phone: (304) 232-6046**

**School Phone: (304) 243-0394 Ext. 103**

**Cell Phone: (304) 218-1950**