

# ADAM KEISWETTER

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## ***EDUCATION***

Masters Degree in Physical Education University of Nebraska Kearney July 2009 GPA 3.8/4.0  
Bachelor of Arts in Education University of Nebraska Kearney - May 2006 GPA 3.7/4.0  
Endorsements: K-12 Health & Physical Education, Interscholastic Coaching & 7-12 Strength Training.

## ***TEACHING EXPERIENCE***

- **Graduate Assistant** – University of Nebraska Kearney August 2007- May 2009
  - \* Taught Archery, Disc Golf, Basketball, Racquetball, and Soccer Classes
- **Physical Educator** – Franklin Public Schools, Franklin, NE August 2006 - May 2007
  - \* Taught 9th Grade Health Class
  - \* Taught 4th - 6th and 9th -12th grade Physical Education
  - \* Head of Strength Training Program

## ***COACHING EXPERIENCE***

- **Volunteer Assistant Coach (2 years)** – University of Nebraska Kearney 2008 NCAA Champions
  - \* Assisted all areas of the program
  - \* Focused on individual technique development
- **Head Wrestling Coach (2 Years)** – Franklin High School, Franklin NE
  - \* 2005-06, 2006-07 Wrestling Seasons
  - \* TWIN VALLEY CONFERENCE CHAMPIONS
- **Head Middle School Coach** – Franklin Middle School
  - \* Coached both middle school and youth programs

## ***ATHLETIC HONORS***

- **3x NCAA All-AMERICAN – 2003, 2004, 2005 – 133 lbs - Placed 7th, 5th, 3rd**
- RMAC Conference Champion, 133 lbs - 2005
- NCAA National Dual Champions - 2003
- Nebraska High School State Champion, 135 lbs – 2000 3X State Medalist – 1997, 1999, 2000
- UNK Most Outstanding Wrestler 2005
- UNK Most Falls Award - 2001, 2002, 2003, 2004, 2005
- Gorrarian Award for Most Falls at the 2005 National Wrestling Tournament
- UNK Male Athlete of the Year – 2005

## ***ACADEMIC HONORS***

- **4x NCAA ACADEMIC ALL-AMERICAN – 2002, 2003, 2004, 2005**
- Deans List – 8 semesters
- RMAC All-Academic Team – 2002, 2003, 2004, 2005
- Athletic Director's Gold Honor Roll – 2002, 2003, 2004, 2005
- NHSCA High School Academic All-American 2000

## ***LEADERSHIP EXPERIENCES***

- Team Captain for UNK Wrestling – 2003 -05
- UNK Wrestling Team Council – 2004 - 2005
- UNK Wrestling Camp Clinician – 2001 - Present
- Youth Wrestling Coach/ Clinician – 2000 - Present

## ***BUSINESS EXPERIENCE***

- **Owner “TwisterWrestling.Com”**
- Produce Instructional Wrestling DVD's
- Founder of Twister Wrestling Academy

## **REFERENCES**

Marc Bauer – UNK Head Wrestling Coach  
5350 W 85th St  
Kearney, NE 68845  
(308) 440-7170  
mebauer6@gmail.com

Mike Lucas – Superintendent Franklin Public Schools  
1001 M St  
Franklin NE 68939  
(308) 425-6283  
[mjlucas@esu11.org](mailto:mjlucas@esu11.org)

Tom McCann – Kearney High Head Wrestling Coach  
1107 10th Ave  
Kearney, NE 68845  
(308) 237-3502  
Tom.Mccann@kearneypublic.org

Dr. Nita Unruh – Chair of UNK HPERLS Department  
4406 Avenue E  
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