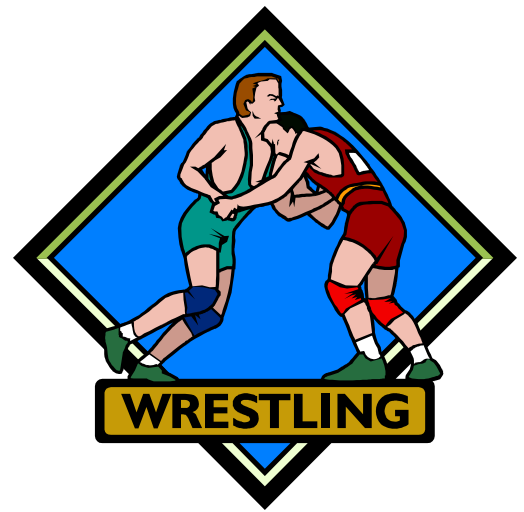


# Wrestling Clinic and Takedown Tournament



**\$25**

When: Saturday, July 26th 2014

**Where:**  
North Rockland High School  
106 Hammond Rd.  
Thiells, NY 10984

**Clinician:**  
**USMA Coaching Staff**

**Food Concessions Available**

Schedule	
Time	Event
8:00 am - 9:00 am	Weigh-Ins and Registration
9:30 am - 10:30 am	Wrestling Clinic
10:45 am - 11:00am	Rules and Scoring
11:00 am - TBD	Takedown Tournament

- Clinic and Takedown Tournament is open to anyone.
- There will be four divisions. Elementary, Middle School, High School, and Open division.
- Madison weights will be determined after the am weigh ins.
- Round Robin format.
- One three minute period. Running clock.
- Most takedowns in that time period wins.
- All participants should have wrestling shoes and singlet. T-shirt and shorts can be worn if you do not have a singlet.
- Food and beverages will be sold throughout

For more information or to confirm participation, please call or email:

**Coach Jeff Swick,**  
**of North Rockland High School:**  
**Phone: (845)774-6117**  
**Email: jswick@nrbsd.org**  
**\$25 Cash or Check**  
**Payable to the Raider Mat Club**

**\*\*\* All wrestlers are required to have the parent or legal guardian consent form and emergency contact form filled out to participate in this tournament. If you do not have both forms filled out and signed you can not compete. *Confirm participation by contacting Coach Swick.***