

**GIRLS FREESTYLE WRESTLING CLINIC**  
**SATURDAY MAY 18TH @ 10:00 AM**  
**PORT JERVIS HIGH SCHOOL**  
**10 ROUTE 209 PORT JERVIS, NY 12771**  
**ADMISSION IS FREE**

**Athletes:**

Grades 7th-12th. Learn top level technique from HS and Collegiate Coaches and athletes.

**Coaches:**

You will receive the fundamentals of Freestyle Wrestling from officials interpretation, as well effective instruction from HS and College Clinicians.

**Officials:**

You will receive classroom and live training in preparation for the upcoming girls freestyle season.

**SCHEDULE:**

Check in times: Coaches/Officials 9:30AM Wrestlers 11AM  
10:00AM-Rules interpretation (Officials and Coaches)  
11:30am-Technique (Coaches and Wrestlers)  
11:30am-On the mat mechanics (Officials)  
1:15pm-Match Simulations (ALL)



**After your registration is completed you will receive an email with a waiver to fill out and bring to the clinic. The waiver is your ticket to the clinic.**

**Scan to sign up**



**Any questions or info please email [ehartmann@pjschools.org](mailto:ehartmann@pjschools.org)**