



MICHIGAN USA WRESTLING
Michigan's Leader in Freestyle and Greco-Roman



Wyoming (Grand Rapids)

Freestyle/Greco Roman Clinic

Saturday April 6th, 2019

Wyoming Jr High 2125 Wrenwood St Wyoming Michigan 49519

This clinic will teach the fundamentals of Freestyle and Greco Roman Wrestling.

Topics covered:

- Benefits of Freestyle and Greco Roman wrestling as it relates to Folkstyle
- Scoring for both styles
- USA Wrestling rules
- Review of Michigan USA Wrestling Schedule

Wrestlers will get on the mat and drill some of the fundamentals of the two styles. Our goal is to prepare wrestlers new to these styles an opportunity to learn before the tournament on Sunday,

Wrestlers: All ages welcome. Cost \$25

Coaches: FREE!!! We want you to take these fundamentals back to your club.

Time: Noon – 3PM

Clinic Director – Jeffery Frick 616-893-0755



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