



## VAWA GRECO ROMAN PROGRAM INTRODUCTORY CLINIC

- WHAT:** Introduction to Upper Body Wrestling Clinic
- WHERE:** Riverbend High School, 12301 Spotswood Furnace Rd, Fredericksburg, VA 22407
- WHEN:** Saturday, March 23, 2019 9 AM- 12 PM, Lunch 12-1 PM, Live Wrestling 1-3PM
- WHO:** VAWA Greco Roman Program Coaches Rob Prebish and Mark Roberts
- COST:** \$40: sign up at:  
[https://virginiawrestling.sportngin.com/register/form/786625676?\\_ga=2.163368959.298083450.1551996397-1540383552.1547818032](https://virginiawrestling.sportngin.com/register/form/786625676?_ga=2.163368959.298083450.1551996397-1540383552.1547818032)



Come out to Riverbend High School on March 23<sup>rd</sup> to learn how upper body wrestling can support your wrestling! Develop hand-fighting skills, see how keeping in good position opens scoring opportunities, and learn how to score big points in a short period of time in a fun and engaging atmosphere from two dynamic coaches.

Rob Prebish is an assistant coach at St. Christopher's School and a member of the VAWA National Teams coaching staff. He has developed

numerous Fargo All-Americans in Greco Roman and has coached internationally for the USA at the 2014 UWW Cadet World Championships in Slovakia and the 2017 World Maccabiah Games in Israel.



Mark Roberts is the head coach at Riverbend High School and is a member of the VAWA National Teams coaching staff. He has produced 14 VHSL State place winners and 1 Fargo All-American in 8 years at Riverbend.

The clinic will focus on the following:

- Staying in good position
- Learning to hand-fight
- Pummeling and using under hooks
- The art of pushing and pulling to set up technique
- Basic upper body scoring techniques that do not require throwing
- How to use the mat to your advantage