



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



Michigan USA Wrestling

Freestyle & Greco Roman

FREE CLINIC

Siena Heights University
1247 E. Siena Heights Drive
Adrian, MI 49221

Benincasa Hall – Across from the fieldhouse
Saturday March 16th



**This will be our second annual Introduction to Freestyle & Greco Roman Wrestling Clinic.
Last year was a tremendous success as we provided entry level instruction for athletes
wanting to learn and possibly compete in the Olympic Styles.**

Details

Who should come:

ALL AGES!!!

Last year we had over 150 athletes most from High School - FREE, No Memberships Required

8:30 to 9:00

Arrival

9:00 – 9:20

Introductions

(Clinicians and the sport overall)

9:20 – 11:00

Freestyle clinic for athletes

Basic takedowns, turns and scoring positions

11:00 – 11:30

Break

11:00 – 11:30

Coaches Clinic

This will be a breakout session to help explain how our season works from developmental to the State Finals and beyond. We will also cover National Teams programs and more...

11:30 – 2:00

Greco Roman clinic for athletes

(Clinicians and the sport overall)

2:00 – 2:30

Questions and Answers for Athletes, Parents and Coaches

Event Director – Steve Richardson 810-333-5560 (text is best)