

# Introduction to Wrestling Clinic

The Ashwaubenon Wrestling Club is offering a 3-night clinic to introduce Ashwaubenon students, Pre-K-8<sup>th</sup> grade, to the sport of wrestling. This clinic will focus on basic wrestling skills in a practice setting to allow students interested in wrestling to see what the sport is all about.

The clinic will consist of **3** practices on Monday's from **5:45-6:30pm (Pre-K-2)** and **6:30-7:15pm (3<sup>rd</sup>-8<sup>th</sup>)** in the Ashwaubenon High School Wrestling Room. Clinic dates will be **10/28, 11/4** and **11/11**.

**\*\*New this year is a special Girls only Clinic (Pre-K-8<sup>th</sup>) on 10/28 @5-5:45pm.** (Girls then can attend their normal grade clinic times if they desire.)

We will run the clinic in our normal practice form with drills and games to promote the skills needed in the sport of wrestling and will provide excellent physical activity. There will not be any live wrestling or matches during the clinic. Our goal is to allow students to experience the sport of wrestling at a basic level.

Participants should arrive to Ashwaubenon High School (Field House Entrance) and meet in the HS Cafeteria with clean shoes, shorts with no buttons or zippers and a t-shirt (wrestling shoes not required for clinic).

**\*\* Building Entrance is the Field House entrance and parking is in the lot next to Football Field. \*\***

**There is no cost for the Clinic.** We ask that the kids come ready to participate with high energy. If you have a child that would like to see what wrestling is about, this is your opportunity!

Register at [ashwaubenonwrestling.com](http://ashwaubenonwrestling.com)

