

2015 CARR WRESTLING ACADEMY SPRING SPECIALITY CLINIC

FROM THE BOTTOM TO THE TOP

MAY 30, 2015

\$40

Some of the areas that will be taught will include how a wrestler can score escapes, reversals and how to defend the legs. This will be a clinic that will focus on advance wrestling technique. This clinic will provide wrestlers the opportunity to learn new technique so that it can be perfected before the season starts. This will be an intense clinic that will include live wrestling and intensive drilling.

SCHEDULE

Session 1 10:00 a.m. –12:00 p.m.

Lunch 12:00 p.m.-1:00 p.m. (Lunch your Own)

Session 2 1:00-3:00 p.m.

Open Mat 3:00-4:00 p.m. (optional)

To register go to carrwrestlingacademy.net and then click on camps. Limited Space Available !

Questions contact 859-338-4534