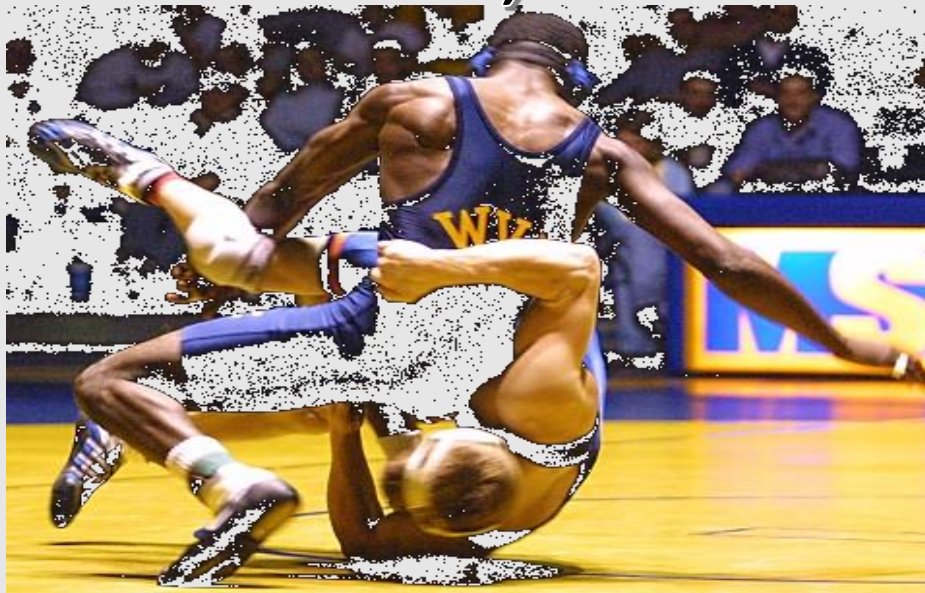


# FROM THE BOTTOM TO THE TOP CLINIC

## MAY 30, 2015



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. Cost \$40

### 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)

Location: 2080 Mercer Rd Suite E Lexington, Kentucky. To register go to [carrwrestlingacademy.net](http://carrwrestlingacademy.net) and then click on camps. Limited Space Available!  
Questions contact [carrwrestlingacademy@gmail.com](mailto:carrwrestlingacademy@gmail.com)