



South Oldham Wrestling Clinic
Funds Raised for South Oldham
Wrestling Teams



Where: South Oldham High School
 Wrestling Room
 5901 Veterans Memorial Pkwy

Who: 6th-12th Grader

When: May 2, 4, 10, 12, 17, 19, 23, 24

- Week 1: Mon, Wed, 4:30-5:45pm +Sunday option*
- Week 2: Tues, Thurs, 4:30-5:45pm +Sunday option*
- Week 3: Tues, Thurs, 4:30-5:45pm +Sunday option*
- Week 4: Mon, Tues, 4:30-5:45pm +Sunday option*

Weekday Sessions include technique, drilling, games, and live wrestling

*Open Mat Sundays from 2-4pm for individuals looking for one-on-one coaching, drilling, or live wrestling



Cost: \$12 for an individual week day sessions or \$80 up front for admission to all weekday sessions hosted during the week

*Add Sunday Open Mats for \$12 a day or an additional \$20 up front for all four sessions

Must have a current USA Wrestling Card
<https://www.teamusa.org/usa-wrestling> and a liability waiver from SOHS. Make checks payable to SOHS Wrestling.

Additional Info:
 Coach Jesse Alford: (863) 677-3146 or
 Coach James Koller (502) 439-6037

Please read and sign the below:

I understand that the South Oldham Wrestling Clinic and Open Mat is completely voluntary. I further understand that it involves an inherent risk of injury due to the nature of the activity. In consideration for allowing my child to participate, I hereby release and acquit the Oldham County Board of Education, its members, employees, and agents from any and all liability for any injuries whatsoever that I or my child may sustain as a result of participating in this activity.

 Name of Student Participating

 Parent Signature/ Date

Emergency Contact and Information