

FREESTYLE & GRECO ROMAN

Alpha Wrestling Academy Spring Session

March 5th – May 31st

Come join some of the best wrestlers in Northern Illinois and Southern Wisconsin. This is where IHSA/IKWF/IESA Champions are learning skills before that attain the title of "State Champion".

The Spring Freestyle & Greco Roman session will teach:

- ✓ Basic FS & GR technique and progress into High Level Technique
- ✓ A great sense of body position and awareness
- ✓ Mental Preparedness for matches and practice

Days: Monday, Tuesday & Thursday Time: 6pm – 7:30

Cost: (must have a current 2018 USAW competitor's card) [2018 USAW Athlete Card Application form](#)

- **Freestyle/Greco Program:**

\$190/person [Online FS & GR registration form](#)

- **Family & Team Discounts:**

Please call or email the contact info below for details

- **Alpha Wrestling Gear Package (No Discounts Available):**

\$160 - Includes: 1 red & 1 blue singlet, T-Shirt, Shorts

[2018 Alpha Wrestling Gear Order Form](#)

3 Ways to Register: Credit Card payments accepted on our website www.alphawrestling.com

1. Click on link and complete form and submit [Online FS & Gr registration form](#)
2. Go to www.alphawrestling.com and click on register for Spring FS & GR Training
3. Mail [printable registration form](#) to P.O. Box 6533 – Rockford, Illinois – 61125

ALL PARTICIPANTS MUST COMPLETE AND TURN IN [Must Sign Waiver](#) BEFORE

THEY MAY PARTICIPATE IN PRACTICE!!

Questions?? Call 815-703-5780 or email wrestling@alphawrestling.com