

# FREESTYLE & GRECO ROMAN

Alpha Wrestling Academy Spring Session

**March 11<sup>th</sup> – May 2<sup>nd</sup>**

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 6:15pm – 7:45pm**

**Cost:** (must have a current 2019 USAW competitor's card) [2019 USAW athlete membership form](#)

- **Freestyle/Greco Membership:**

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

- **Family & Team Discounts:**

*Please call or email the contact info below for details*

**3 Ways to Register:** Credit Card payments accepted on our website [www.alphawrestling.com](http://www.alphawrestling.com)

1. Click on link and complete form and submit [Online FS & Gr registration form](#)
2. Go to [www.alphawrestling.com](http://www.alphawrestling.com) and click on register &/or pay 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](mailto:wrestling@alphawrestling.com)