

FREESTYLE & GRECO ROMAN

Alpha Wrestling Academy Spring Session

March 9th – May 28th

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

@ Rockford East HS – 2929 Charles Street – Rockford, IL

Enter through door FH3 (on the backside of the fieldhouse across from the football field)

Cost: (must have a current 2020 USAW competitor's card) [2020 USAW athlete membership form](#)

- **Freestyle/Greco Membership:**

\$65/person

[Online FS & GR registration form](#)

2 Ways to Register:

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](#)

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