

FREESTYLE & GRECO ROMAN

Alpha Wrestling Academy Spring Session

March 29th – 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

****Due to COVID restrictions, we are forced to a limited capacity that will only allow for participants and coaches to be in the practice room.****

Days: Monday, Wednesday & Friday 7:00pm – 8:30pm

@ 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 2021 USAW competitor's card) [2021 USAW athlete membership form](#) or go to usawmembership.com

- **Freestyle/Greco Membership:**

\$0/free of charge

[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 815.516.6895 or email wrestling@alphawrestling.com