

# FREESTYLE & GRECO ROMAN

## Alpha Wrestling Academy Spring Session

**March 11<sup>th</sup> – May 30<sup>th</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, Wednesday & Thursday 6:00pm – 7:30pm**

*@ 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 2024 USAW competitor's card)  
to purchase [click here](#) or go to [usawmembership.com](http://usawmembership.com)

- **Freestyle/Greco Membership: \$65/person**

### **2 Ways to Register:**

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 for Spring FS/GR Training](#)

Questions?? Call 815-516-6895 or email [wrestling@alphawrestling.com](mailto:wrestling@alphawrestling.com)