

IOWA WRESTLING FEDERATION FREESTYLE SESSIONS

The Iowa Wrestling Federation will sponsor freestyle training sessions at Iowa City High School. This is a great opportunity to improve technically for next season and to learn the Freestyle and Greco techniques necessary to compete in spring-summer Freestyle-Greco tournaments.

AGES: Students currently in grades **3rd-12th** in the **2010-2011** school year.

DATES: Sessions will be held every **Sunday and Wednesday** beginning **Wednesday, March 23th** and ending on Wednesday, **June 1st** .

TIMES: **6:00—7:30 pm**

COST: Each club member must hold a **USA Wrestling card**.
All athletes must register on-line to purchase a card.
Cards cost \$31.00 (Go to www.usamembership.com)
THERE WILL ALSO BE A ONE TIME CLUB FEE OF \$30.00 WHICH WILL ALSO COVER YOUR CLUB T-SHIRT.

COACHES:COORDINATOR:City High Head Coach **Brad Smith**

CLUB COACH: **Kyle Anson was a 4 time State placewinner and a 3 time State Champion from Iowa City High. He was also a 1st team Wrestling USA All-American and a 2 time Jr. National Freestyle All American.**

REGISTRATION: **Wednesday, March 23RD at 5:45 pm** or the the first session you attend.

LOCATION: City High School, 1900 Morningside Drive, Iowa City

Any questions contact: **Brad Smith**

City High 319-688-1041

Cell 319-541-5639

e-mail: smith.brad@iccsd.k12.is.us