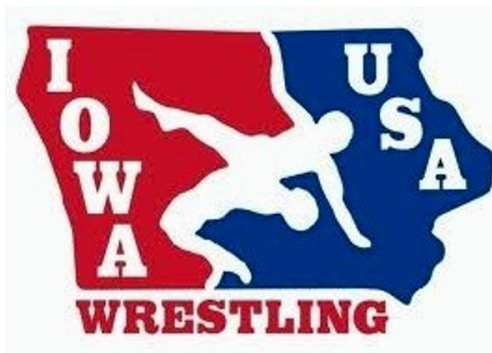


REGIONAL TRAINING CENTERS



www.iowawrestling.org

- **5 Host locations:** Council Bluffs Thomas Jefferson High School, Southeast Polk High School, Buena Vista University, Waverly Shell Rock High School and Iowa City West High School.
- **Cost:** Free to USAW members of all ages. Practices are geared more towards Cadet/Junior wrestlers.
- **Time:** Practices are scheduled for Sundays at 4 pm on the dates designated for each site.
- Featured clinicians from across the state will lead the practice.

Iowa/USA Wrestling is excited to announce the creation of Regional Training sites for this spring season to help wrestlers better their Freestyle/Greco training.

Buena Vista-Southeast Polk-Waverly Shell Rock

- March 29, April 19, May 10, May 24

Iowa City West-Council Bluffs Tl

- April 12, April 26, May 17

Questions can be directed to

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State Chairman Mark Reiland- merv167@mchsi.com.