



## **VAWA's 2nd Annual Fall Training Day**

**Saturday October 24th - 11am - 4pm**

**University of Virginia wrestling room**

VAWA will be hosting a training day for USA Wrestling members the Saturday before the Super 32. Come work out in a Division One wrestling room with the best kids in the state. NOTE: This training day is designed for wrestlers who have been training consistently at a high level during September and October, but is open to any and all athletes.

### **Schedule**

11-1 Warm up, Technique & position review followed by combative drilling

1-2 Break for lunch (bring your own or money for pizza) LUNCH will be provided by VAWA

2-4 Live session consisting of scenarios and matches

### **Cost**

\$30 - USA Wrestling full and high performance memberships

\$40 - USA Wrestling limited folkstyle memberships

\*\*\*You **MUST** have a 2015-16 USA Wrestling card in order to participate\*\*\*

### **Registration & Payment**

You may register and pay via paypal on the link below or log onto [www.virginiawrestling.com](http://www.virginiawrestling.com) and click on the "Fall Training Day" article in the news section. IF you are going to pay in person, please email Andrew Farrar at [asfarrar@gmail.com](mailto:asfarrar@gmail.com) with your name, grade, school AND USA Wrestling member number (found on your card).

### **Instructors**

Jordan Leen - UVA asst coach, 2008 NCAA champion, 3x All-American at Cornell University

Shelton Mack - UVA asst coach, 3x NCAA qualifier for University of Pittsburgh

Steve Garland - UVA head coach, ACC Coach of the Year, 2000 NCAA runner-up for UVA

Andrew Farrar - VAWA Executive Director, asst coach St. Christopher's School

