



## LI USA Wrestling Freestyle/Greco Roman Wrestling Clinic

**Date:** March 9, 2024  
**Location:** Bay Shore HS  
155 Third St  
Bay Shore, NY, 11706

**Times:** Registration 8am - 8:30am  
Rules Clinic 9am-9:30am  
Session 1: 9:30am -11am  
Session 2: 12pm-1:30pm

**Cost:** \$50

*Open to all boys and girls, **\*\*Must have a USA wrestling card\*\****

<https://www.usawmembership.com>

### Featured Clinicians

#### Greco Specialist

##### Jessy Williams

US Open Greco Roman Finalist  
7x US Open GR All-American  
Champion(Fargo)  
NY USAW Greco Roman Coach(Fargo)  
West Point RTC Coaching Staff  
2x U23 World Team Coach

#### Freestyle Specialist

##### Paul Paquin

2x Freestyle National Champion(Fargo)  
Greco Roman National  
2x NYSPHSAA Champion

### Why wrestle Freestyle and Greco??

- **No Olympic dream without it.**
- **Can't complete/participate in overseas events. Only the U.S wrestles folkstyle.**
- **No meaningful wrestling after college.**
- **Make state and national teams.**
- **FS makes you better on your feet.**
- **GR makes you great at controlling tie ups.**

Questions? Contact Tim Pescatore [tim.pescatore@gmail.com](mailto:tim.pescatore@gmail.com)