



# EASTVIEW WRESTLING CLINIC



## Pre-K – 5<sup>th</sup>

### Wrestling clinic goals:

- ♦ Have Fun! Free trial. “Try it, you’ll like it”!
- ♦ Boys/Girls & *Beginners/Advanced* welcome.
- ♦ Learn wrestling in a non-competitive atmosphere!
- ♦ Physical exercise & build confidence.
- ♦ Preparation for the upcoming season.

**150+ Wrestlers in 2022!**

### The wrestling clinic will include:

- ♦ Instructional Wrestling Techniques
- ♦ Basic & Advanced Techniques
- ♦ *Wrestle Mania @ EVHS - Wed, Nov. 1<sup>st</sup>, 2023*  
@ Eastview HS – 6:15-7:30pm
- ♦ Grouped by Age, Weight, & Ability
- ♦ FREE Clinic T-Shirt & Daily Treats!
- ♦ Organized Activities & Games

**EVAA Wrestling begins Nov. 6<sup>th</sup>**

Sign-up on-line at [www.evaasports.org](http://www.evaasports.org)

## WRESTLING CLINIC

**Sign-Ups:** By Fri, Oct. 20<sup>th</sup> preferred.  
Walk-in sign-ups accepted.  
Limited to the first 30 kids per school!

**Dates & Sites:** October 24 & 26 @ Diamond Path  
October 24 & 26 @ Greenleaf  
October 24 & 26 @ Oak Ridge  
October 24 & 26 @ East Lake  
October 25 & 26 @ Highland (@SHMS)  
October 24 & 26 @ Parkview  
October 24 & 26 @ Thomas Lake

***Wrestling Mania @ EVHS... Wed, Nov. 1<sup>st</sup>***

**Who:** Students in Grades Pre-K – 5<sup>th</sup>.

**Cost:** **FREE** Includes T-Shirt & Treats.  
Free for students in ISD 196.

**Time:** 6:30-7:45pm

**Questions:** Travis Lee  
(E-Mail) [travis.lee@district196.org](mailto:travis.lee@district196.org)

- ♦ The Wrestling Clinic is staffed by EVHS wrestling coaches and varsity wrestlers.
- ♦ Attendance at all sessions is encouraged but not required.



## Registration



<https://rebrand.ly/FreeWrestlingClinic>