



**GRANT HIGH SCHOOL
FREESTYLE/GRECO KICK OFF
\$20 CASH OR CHECK AT DOOR.
AS MANY MATCHES AS YOU CAN GET!
OUT BY NOON!!**

DATE: SATURDAY APRIL 9TH

SITE: Grant Community High School Field House

DOORS OPEN AT 8:00

AGES: 8U AND UP.

SNACKS/BEVERAGES AVAILABLE FOR PURCHASE.

TIME SCHEDULE:

8:30-9:30- Rules Clinic and Freestyle Greco Technique with IWCOA Hall of Famer and Former National Team Coach Ryan Geist.

9:45-10:45- Running Clock Freestyle Matches (AS MANY MATCHES AS YOU CAN GET)

15 MINUTE BREAK FOLLOWING FREESTYLE

11:00-12:00 Running Clock Greco Matches (AS MANY MATCHES AS YOU CAN GET)

RULES: RUNNING CLOCK AS MANY MATCHES AS YOU CAN GET!!

REGISTRATION: REGISTER ONSITE. \$20 CASH OR CHECK

USA MEMBERSHIP: USA WRESTLING CARD NEEDED

<https://www.usawmembership.com/login>