

# CCSD 46

## Grades 3 and 4 Wrestling Clinic

**Where:** Grayslake Middle School - Multipurpose Room

**Eligibility:** 3<sup>rd</sup> and 4<sup>th</sup> grade students from Avon, Meadowview, Prairieview, Woodview, and Park Campus

**Cost:** \$ none

**Wrestling Clinic:** Participants will be introduced to basic wrestling skills and rules, practice and participate in live situations and matches

**When:** Tuesday, April 1st; Thursday, April 3; Monday, April 7; Tuesday, April 8; Thursday, April 10, and Friday, April 11 (competition)

**All sessions:** 5:30 p.m. to 7:00 p.m.

**Final session: Friday, April 11 - will be for competition only**

We will try to match everyone with 2 regulation matches. This session will be from **5:30 p.m. to 7:30 p.m.** In the GMS Small Gym

**Parents and friends are invited to attend the competition on April 11**

**Wrestling gear:** Participants should wear shorts, t-shirt, or sweats and have clean gym shoes. No hoodies or slip-on shoes!

**Registration:** Send e-mail to [coachjwelter@yahoo.com](mailto:coachjwelter@yahoo.com) if planning on attending. Registration forms will be filled out at the first clinic.