

MARK HAWALD'S FALL CLINIC AND DUALS

Saturday, October 1st, 2011
North College Hill High School
1620 West Galbraith Road
Cincinnati, Ohio 45239

SCHEDULE

9:00am – 10:00am Check-in
10:00am – 12:00pm Technique Clinic
12:00pm – 6:00pm** Dual Meets

**Dual meets will run until each team wrestles 5 matches or until 6pm – whichever comes first

WEIGHT CLASSES

We will use the new weight classes as a guide, but there are no weigh-ins.
106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

FORMAT

Technique: We will offer various options for technique and wrestlers will be able to choose what skills they want to work on.

Competition: High School Rules. Three 1.5 minute periods, running clock. 12 point technical fall

COST

\$10 per wrestler before October 1st. \$15 on October 1st. Registration on October 1st will only be permitted if there is availability. Please register in advance to reserve a place at the clinic.

REGISTRATION

Space is limited to the first 8 teams. Registration can be done by completing the form below and mailing it with payment or online at <http://www.hawaldwrestling.com/page/Clinics>

Once your payment is received, you will receive a confirmation email along with further details.

QUESTIONS

Visit www.hawaldwrestling.com or email hawaldwrestling@gmail.com

MARK HAWALD'S FALL CLINIC AND DUALS REGISTRATION

Team Name _____ Head Coach _____

Coach's Phone/email _____

Number of Wrestlers competing _____ x \$10 = Amount Enclosed _____

Mail to: Mark Hawald
Wrestling Office
1972 Clark Avenue
Alliance, OH 44601

Checks Payable to: MH Wrestling