

Bear Claw Summer Wrestling Clinic and Summer Duals



We are hosting a folk style wrestling clinic and HS duals to kick off the summer. We will be focusing on riding and turning as well as counter attacks and scrambling.

When: Monday and Tuesday of June 24 & 25

Where: The Clinic will be in the THS mat room and the duals will be on the THS practice football field

Fee: \$25 dollars for Bear Claw and TSD wrestlers. \$35 for all other wrestlers.

Registration: at the door. If you do not have a USA card, complete waiver at the door or email papabearfeist@yahoo.com to get a waiver in advance

- USA Card # _____

Who: Wrestlers aged 7-17

Staff: Coach Feist, Coach Palmer, Brendan Chaowanapibool, additional clinicians to be added

Schedule:

Clinic Monday and Tuesday

9:30a- Check in

10am focus for the day and warm up

10:15 session 1

11:45 lunch

12:15 session 2

2pm live wrestling and competition games

High School Duals Tuesday 2:30-6:30

We will bring the mats out to the High school practice field and compete outside. Our plan is to get each team three duals. The duals are informal and will be refereed by coaches. We will use HS weight classes with 2lb allowance.