

HARRISON FREESTYLE WRESTLING CLUB

Practice :

- Monday & Wednesday 6:00 – 8:00 - Team Freestyle Practice
- Tuesday & Thursday 3:45 – 5:00 - Weight training / Technique
- First Practice March 2nd
- Dojo Training – Schedule sessions with coach.

Coach :

Sean Moistner

- Coach of Team Georgia's National Freestyle Team
- Head Coach of Alexander High School
- D1 wrestler at University of Tennessee – Chattanooga



Cost :

- \$60.00 per wrestler / \$90 per family (2 or more wrestlers)
- Wrestlers will receive Harrison Freestyle Wrestling Club spirit wear
- Register online at www.HarrisonWrestling.com (Site launches 2/15)
- or - Complete attached form along with check payable to Harrison Wrestling Takedown Club
- Wrestler must have a USA card to participate for insurance purposes. The card costs \$35 and can be obtained at <http://themat.com>. The card is required for all spring and summer tournaments as well.

Schedule :

- Weekly USA Freestyle & Greco Tournaments around Atlanta

Training Goals :

- Georgia Freestyle State – (Pee Wee thru Junior)
- National Dual Teams – (Schoolboy, Cadet, Junior)
- USA Freestyle & Greco Nationals – (Pee Wee thru Cadet)
- Fargo Nationals – (Cadet, Junior)
- Prepare for next year's folkstyle season

****Find more information about the upcoming freestyle season see www.HarrisonWrestling.com (Site launches 2/15)****