



Argyle Eagles Wrestling Clinic



Saturday, September 27, 2008

Location: Argyle High School Small Gymnasium (K-8th)

Contact: John Goodpaster, Argyle Youth Wrestling
940-464-7281 or argylekidswrestling@verizon.net

Schedule: 9am – 9:30 what is College Wrestling?
- 5 styles of wrestling
- Wrestling Safety
- Rules, scoring and Mat basics
9:30-noon **Clinic (bring shorts and t-shirt):**
- Warm up
- 7 basic skills
- Takedowns
- Escapes
- Pins

NO Ring Ropes
NO Costumes
NO Foreign objects
NO Cage Matches
NO Pay-per-view
NO Airplanes
NO Mask
NO Tag Teams
NO Sleeper Holds
NO Flying Drop Kicks
No one named Hulk or Rock

Cost: Free to Argyle ISD residents

Just Real Wrestling...

Please join us in learning what College/folkstyle wrestling is and isn't while learning some of the basics skills and techniques while knocking off some of that summer staleness in preparations for another great season.

Some 2007-2008 results

**22 wrestlers from kindergarten to 7th grade
10 Tournaments- Many Champions and Medal winners
2 Texas State Champions – and 4 state place winners**

