

# 3V Wrestling Club



## DR. L. ROBERT FALLOT SUFFOLK COUNTY WRESTLING CHAMPIONSHIPS

**Who:** Boys and Girls currently in grade 3-8

**When:** January 4, 11, 16, 18, 23, 30 February 1, 6, 8, 13

**Where:** Ward Melville Wrestling Room (downstairs)

**Time:** 5:45-7:15pm

**Cost:** \$250 per Wrestler → Cash or Checks payable to 3V Wrestling Corp.

**Registration:** Click on the google form link to register or register at the door on January 4th. @the wrestling room (5:15-5:45)

**Google Form Link:** <https://forms.gle/pmv9dy7QFButqGV9>

We will be hosting a series of wrestling clinics and practices designed to teach the skills and concepts needed to be successful in wrestling for boys and girls. All experience levels are welcome. Participants must bring their own water and wrestling shoes.

**This session will also provide the advanced wrestlers the preseason work needed before the middle school season begins.**

- Any questions can be directed to [3vwrestlingclub@gmail.com](mailto:3vwrestlingclub@gmail.com)