

# 3V Wrestling Club



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

**Who:** Boys and Girls currently in grade 3-12

**When:** September 7, 12, 14, 19, 26, October 12, 17, 19; November 2, 7,

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

**Time:** 5:30-7pm (Beginner grades 3-7) 7-8:30pm (Intermediate/Advanced grades 8-12)

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

**Registration:** Click on the google form link to register or register at the door on September 7th. @the wrestling room

**Google Form Link:** <https://forms.gle/wSx7GcY3wyALDuTs6>

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 high school season begins.

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