

# 2<sup>nd</sup> Annual Dana College Wrestling Free Technique Kids Clinic

We would like to invite all the area youth to Dana College on Sunday, October 25th. For a free wrestling clinic being put on by the Dana College Wrestling Program.

The clinic will be taking place in the Gardner-Hawks gym. We will be going from 10:00 am to 12:00 pm and then from 1:00 pm to 3:00 pm. Kids age 8 to 18 are welcome.

Where: Gardner-Hawks Gym

Who: All wrestlers age 8 to 18

When: Sunday, October 25th 10:00 am

Check In: 9:30 am

All we ask is that anyone planning to attend to get in contact with Coach Vest to register.

Office: 402-426-7288

Email: [bvest@dana.edu](mailto:bvest@dana.edu)

We will also be putting on a Pinning Down Autism Event on Sunday, November 1st. It will be a takedown tournament and entry fee will be \$20 for it, but those who attend our clinic will be able to wrestle in it for \$5 off. The majority of the proceeds will go toward supporting autism awareness.

