

HUNTINGTON UNION FREE SCHOOL DISTRICT

Department of Health, Physical Education and Athletics

James M. Hoops, District Director jhoops@hufsd.edu

Late Spring Boys' Wrestling Clinic Sessions

Huntington UFSD students entering grades 7-12 in September are invited to participate in an intramural wrestling program. These school sponsored sessions will include general conditioning and training along with an opportunity to learn more about the sport of wrestling.

The program will run on the following dates from 6:00-7:30pm in the high school wrestling room.

Week 1: Friday, April 25

Week 2: Tuesday, April 29, Thursday, May 1

Week 3: Tuesday, May 6, Thursday, May 8

Week 4: Monday, May 12, Wednesday, May 14

Week 5: Monday, May 19, Wednesday, May 21

Week 6: Tuesday, May 27, Wednesday, May 28

Week 7: Monday, June 2, Wednesday, June 4

Week 8: Monday, June 9, Wednesday, June 11

The next training sequence will start after graduation weekend.

Please be a member of the wrestling SportsYou team to be kept up to date on any time or date changes. There is a QR code on the wrestling room door to request an invitation.

Learn and improve on key wrestling positions, offensive hand fighting concepts, situational skills, techniques and strategies.

**For more information contact
Coach Andy Marlow at amarlow1@me.com**