



# Girls Only Open Room

**Sunday, September 12, 2021 - Sunday, October 31, 2021**

Open room training for girls only. Coaches will be available to guide or instruct wrestlers with technique, drills and live wrestling. Athletes may participate in the informal weekly lesson or work out on their own.

## Sharpen the Saw

Athletes can use this time to work on any specific techniques or positions that they want. Current club coaches are encouraged and welcome to attend and participate. (Within NSAA out of season guidelines for high school athletes)

## Wrestling 101 for New Wrestlers

rules and terminology  
7 basic skills of wrestling  
common positions and strategies



## Girls Wrestling Sanctioned as a Nebraska High School Sport for 2021-2022

Wrestling With Character is excited to offer this opportunity for any current or interested girl wrestlers. We want to help grow girls wrestling by giving these athletes a comfortable place to learn and experience all of the benefits that wrestling has to offer.



**All Girls Kindergarten through 12th Grade are Welcome!**  
**open to beginners and experienced wrestlers - no experience needed**

## Sunday Afternoons

**5:00 - 6:15PM**

17927 Pierce Plaza

Omaha, NE 68130

**\$5 drop in per practice**

**FREE to current WWC girl wrestlers**

wrestling shoes and water bottle required

(limited amount of shoes available to borrow)



Signed safety waiver required for all athletes to participate.  
Sign at the club or visit the link below to print and bring with you.

[wrestlingwithcharacter.com/parentresources](http://wrestlingwithcharacter.com/parentresources)

Email Questions to: [Questions@WrestlingWithCharacter.com](mailto:Questions@WrestlingWithCharacter.com)