



## **Old School Wrestling Academy**

### **Presents**

#### **Advanced Freestyle Technique Sessions**

This is a 7-week intensive training session designed to develop freestyle wrestling techniques for the Intermediate to Advanced wrestlers intending to compete in national competitions. These sessions are designed to prepare athletes to compete at the US Open in April and Fargo in July. The sessions will be every Thursday from 5- 6:30 pm (a Tuesday session may also be available) at Aliso Niguel High school in Aliso Viejo, CA and will be taught by Coach Mehdi Kaveh, a 3-time Iranian national champion and World Cup gold Medalist, who has run a successful youth program in Massachusetts and was an assistant coach at Brown University for 8 years. Coach Kaveh will teach his freestyle techniques that have made his wrestlers state and national champions over the years.

Location- Aliso Niguel HS wrestling room (located next to the pool off the boys locker room)

Time- 5 pm – 6:30 pm Thursday evenings

Dates- March 5- April 16 (7 weeks)

Cost- \$25 per session or \$150 for all 7 sessions

Please make checks out to OS Wrestling Academy

Class Size- limited to 20 wrestlers

Please visit [www.oswrestlingacademy.com](http://www.oswrestlingacademy.com) for more information or contact Greg Colwell at [gregcolwell@gmail.com](mailto:gregcolwell@gmail.com)

**Please note- all athletes need to have a USA Card or SCWAY Card**