

Thursday Night Live !

Adirondack Central High School

Boonville, New York

All you need is an AAU Card- No other Cost!

The AWC and Lewis County Wrestling Club will be hosting 5 Live Wrestling Practice Sessions under the direction of Adirondack Wrestling Coach Joe Galligan at Adirondack Central High School in Boonville, NY Starting July 9th

Dates and Times:

Thursdays July 9, 16, 23, 30, August 6. Attend one or attend all sessions

6:30 PM to 8:30 PM. Please arrive early as we start at 6:30 sharp!

Details:

Each session will consist of a warm up, stretching then lots of live wrestling ! Wrestlers will be placed in groups based on weight and experience. Live matches, live situational, live shark's bait, etc.

Eligibility and Cost:

AAU Club members entering grades 7 and up. **You must bring proof of membership!**

The sessions will be completely free to any AAU Club member. **IF you are not a member you can purchase a membership at any session for \$20**

Contact Person/Questions:

Joe Galligan, P.O. Box 196, Boonville, New York 13309

(H) 315-942-2110 (C) 315-334-3292 email: lgall10539@aol.com

BRING THIS TEAR OFF TO THE FIRST SESSION OR MAIL IT TO JOE GALLIGAN

NAME:	Entering Grade:	Approx Weight:
AAU Club:	School:	
AAU Card # :	Expiration Date:	
Address:		
Phone Numbers:		
Parent/Guardian Name and Signature:		
Athlete Signature:		