

# **HUNTINGTON UNION FREE SCHOOL DISTRICT**

**Department of Health, Physical Education and Athletics**

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

## **Summer Session Boys' Wrestling Clinic**

**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 in the high school wrestling room.**

**Start Date: July 1 - August 21**

**Tuesdays: 5 p.m. - 6:30 p.m.**

**Wednesdays: Small group sessions by appt. Only**

**Thursdays: 9 a.m. - 10:30 a.m.**

**The next training sequence will start after Labor Day 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](mailto:amarlow1@me.com)**