



# JASON NOLF

## 2X NATIONAL CHAMPION

will be hosting a clinic at Islip High School on Saturday, April 28th

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Jason will be focusing on advanced techniques in Folkstyle and Freestyle, as well as the mental preparation and mindset it takes to compete at the collegiate level.

### SCHEDULE OF CLINIC

Doors open / Registration begins: 11:30 am

Warm-up: 12:00 pm - 12:25 pm

Technique: 12:30 pm - 2:30 pm

Live wrestling: 2:40 pm - 3:00 pm

**\$50** a Wrestler    :    **\$500** per Team

Programs can have multiple teams, but 20 wrestlers per team

\*Coach is free with registration of team

Each participant will also receive a signed picture of Jason Nolf.

For any additional information please contact KC Beach at 631-365-1061

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