



# WRESTLING SQUAD TRAINING

**Irish Amateur Wrestling Association**

18<sup>th</sup> February 2023



COACHING IRELAND  
OILIÚINT ÉIREANN

**ON THE MAT!**  
Published 31/01/2023

We are starting off our Open Mat Wrestling Training Days again for 2023. These are open to all wrestlers and grapplers of all levels, ages and diversities that have an ambition to wrestle for fun or to continue on to wrestle at National and International level. We are inviting wrestlers to come along where they will be coached by experienced high level wrestling coaches.

Wrestlers must be open to improvement and demonstrate the ability to improve from training and the support from the IAWA.

This training session will concentrate on wrestling techniques and finish with live sparring.

**The event is free!**

**Date :** Saturday 18th February 2023

**VENUE :** Team Ryano Finglas, Dublin 11

**Who is eligible to attend?**

**Training starts @ 11:15am sharp for AGES - Under 18 years (1hr approx)**

**Training for Adults and 18+ starts @ 13:00 - 15:00 (16 years + can stay on with permission)**

Referees & Officials Upskilling all day

Registration is essential before 22:00hr Friday 17th February

**Wrestling and training attire for the day -**

- Wrestling boots are preferred but not essential.
- Normal training clothing is fine, if you have a wrestling singlet for sparring matches, please bring it, but it is not essential. No outdoor shoes on the mat.
- Everyone attending the session on the day must pre-register before the cut-off time.
- Numbers are restricted, early registration is essential

The IAWA is committed to the observance of all Anti-Doping procedures and will see to the observance and implementation of all Rules and Regulations as laid down by United World Wrestling, WADA, Sport Ireland, and the Olympic Federation of Ireland. The IAWA will appoint an Anti-Doping Office to co-operate in every possible way to give effect to this commitment. In accordance with the powers vested in the Board of the IAWA by its Constitution, the IAWA will enact Rules to give effect to and compliance with the National Sports Anti-Doping Program. By way of evidence of its earnest in this regard, the IAWA affirms its adoption (with such modifications as are deemed only to be strictly necessary). The anti-doping rules of the Irish Amateur Wrestling Association by are the Irish Anti-Doping Rules as agreed with WADA and as amended from time to time” and the Doping Regulations promulgated by United World Wrestling, the International Amateur Wrestling Federation.



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Outcomes from the day:

- **Wrestlers** - Will learn new skills and techniques from qualified coaches in a fun friendly environment.
- **Coaches** - Will improve coaching skills through a coaching clinic facilitated by IAWA and Sport Ireland Coaches.
- **Open Mat time** on Wrestling Mats for 'Live Wrestling'.
- **Opportunity for 'friendly' officiated matches** as part of IAWA return to wrestling programme in preparation for official competitions scheduled for later in 2022.
- **Referees** - Attend a referee and mat officials clinic.

**Everyone attending** the session on the day must pre-register on Eventbrite before the cutoff date.

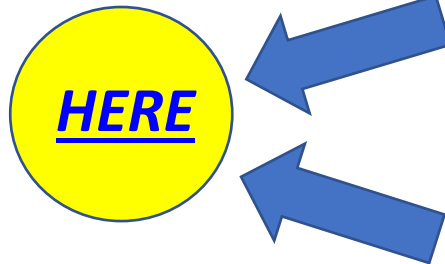
Only names registered will be allowed into the venue.

This event is for participants only.

Numbers are restricted, booking early is essential

***To register for free please click***

***This link will bring you to [evenbrite.ie](https://www.eventbrite.ie) for registration.***



***We look forward to seeing you on the day.***

***For further information or enquiries email [irishwrestling@outlook.ie](mailto:irishwrestling@outlook.ie)***

**[I.A.W.A. Team](#)**

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## Irish Wrestling Squad Development

The IAWA are holding its first Squad Development training session on Sunday January 30th 2022. This is an open Mat event.

**Pre registration is essential**

Full details are on  
[www.irishwrestling.ie/events](http://www.irishwrestling.ie/events)

Venue - Portlaoise Combat Academy,  
Portlaoise  
Eircode - R32A588  
Email- [irishwrestling@outlook.ie](mailto:irishwrestling@outlook.ie)

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