



## **Irish Amateur Wrestling Association.**

Website - [www.irishwrestling.ie](http://www.irishwrestling.ie)

In preparation for the **Irish Open 2024**, we are thrilled to announce a special **FREE** training session with the **Mohawk Valley Wrestling Team** from the USA!

This is an incredible chance for wrestlers aged **12 and over** to train, spar, and learn from a high-level U.S. team right here in Ireland. Don't miss out on this unique opportunity to elevate your skills.

**Spaces are limited**, so reserve your spot now!

**[Wrestling Training Seminar registration Link](#)**

**IRISH AMATEUR  
WRESTLING ASSOCIATION**

# **Freestyle Wrestling Seminar**

**with New York's Mohawk Valley  
Wrestling Team**

**Thursday 17th October 2024**

**Where - SBC Charlestown Dublin 11 D11HX98**  
**Time - 19:00 to 21:00**

**Only Register Participants will be allowed in the venue**  
**Due to limited space, No spectators will be allowed watch**

As part of our Irish Open 2024 preparations we are proud to present a training session with Mohawk Valley Wrestling Team. We are opening out this training session FREE to wrestlers 12 years and over  
This is a super opportunity to train and spar with a high level US Wrestling Team.  
Places are limited

**Register on [www.irishwrestling.ie](http://www.irishwrestling.ie)**  
**Only Registered Participants will be allowed in the venue**