



WRESTLING SQUAD TRAINING

Irish Amateur Wrestling Association

January 30th 2022



COACHING IRELAND
OILIBINT ÉIREANN

BACK TO THE MAT!

Published 20/01/2022

The IAWA are seeking wrestlers from all background, clubs, ages and diversities that have an ambition to wrestle for Ireland at a National and International level. We are beginning a series of squad training sessions and are inviting wrestlers to come along to put themselves forward for selection. There will be a number these training days where wrestlers will be coached by experienced high level wrestling coaches. Selection for International competition will come from this pool for those who show promise.

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

This training session concentrated on wrestling techniques and live sparring. The event is free and open to non IAWA members.

Date : Sunday 30th January 2022

VENUE : Portlaoise Combat Academy
Unit B13 National Enterprise Park
Portlaoise, Co Laois
Eircode R32A588

Who is eligible to attend?

ALL INTERESTED Wrestlers and anyone from other grappling disciplines –
IAWA Members & Non-members

Training starts at 11:00 sharp
Referees & Officials Upskilling all day

Registration is essential before 10pm Thursday 27th January 2022 on Eventbrite

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's not essential. No outdoor shoes on the mat.

Everyone attending the session on the day must pre-register on Eventbrite before the cutoff date. The link is below

Only names registered will be allowed into the venue.

This event is for participants only, no spectators.

Numbers are restricted, booking early is essential

Please do not arrive at this event if you are in quarantine, have suspected symptoms of Covid 19 or have been a close contact of someone with C-19 in the previous two weeks before the event..

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.

To register for free please click

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

HERE

We look forward to seeing you on the day.

For further information or enquiries email irishwrestling@outlook.ie

I.A.W.A. Team



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

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Portlaoise
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Email- irishwrestling@outlook.ie

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