



Dear Member,

As we begin the new year, the Association will be working to support training, competition, and education initiatives throughout the year. Further details on the 2026 calendar, including competitions, camps, and coaching development opportunities, will be shared in the coming weeks.

To start the year on a positive note, we are pleased to announce an **Open Mat Training Seminar** hosted by **Midlands Freestyle Wrestling Club**:

**Date:** Sunday, 25th January

**Location:** Midlands Freestyle Wrestling Club, Co Westmeath,

**Time:** Under 18s - 11:00am to 12:15pm and over 18s from 12:30pm to 2pm

This **open mat session is an excellent opportunity for member** wrestlers and coaches from all clubs to train together, share knowledge, and build connections across the Irish wrestling community. All affiliated clubs and members are encouraged to attend.

**Please make sure that your membership is valid for 2026**

**Participants must email [iawacourses@gmail.com](mailto:iawacourses@gmail.com) to register your interest and receive further details**

For all other inquiries email [irishwrestlingsecretary@gmail.com](mailto:irishwrestlingsecretary@gmail.com)

We look forward to seeing you on the mat

Kind Regards

*Laura Chalmers*

**Secretary**

***Irish Amateur Wrestling Association***

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