



# WRESTLING TRAINING SEMINAR

## Irish Amateur Wrestling Association

May 8th 2022



COACHING IRELAND  
OILIBINT ÉIREANN

Published 26/04/2022

*This is an invitation to all wrestlers of all levels and clubs, ages and diversities that have an ambition to wrestle for Ireland at a National and International level. We are continuing our 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. Wrestlers 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 to IAWA members.*

**Date :** Sunday 8th May 2022

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

### **Who is eligible to attend?**

**The training seminar is FREE!**

Wrestlers must be current members of the IAWA.

Membership is only €10 for the year and entitles you to participate in these seminars and to enter competitions organised by the IAWA

Register your membership or re-register on [www.irishwrestling.ie/membership](http://www.irishwrestling.ie/membership)

**Training starts for kids only, @ 11:00am sharp, 6 to 15 year olds (1hr 15min)**

Training for Adults and 16+ starts @ 12:30 ( 2.5 hours)

Referees & Officials Upskilling all day

Registration is essential on the IAWA website [www.irishwrestling.ie](http://www.irishwrestling.ie) before 10pm Thursday 5<sup>th</sup> May 2022

**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 our website before the cut-off date. The link is below

Only names registered will be allowed into the venue.

This event is for participants only

**Numbers are restricted, booking early 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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*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..*

## 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.

*CLICK here to register*



**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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