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**IRISH AMATEUR
WRESTLING ASSOCIATION**

Freestyle Wrestling Seminar

With USA's Iowa's Central College
Wrestling Team

Thursday May 23rd 2024

Where - TeamRyano, Finglas, Dublin

Time - 20:00 to 22:00

As part of our Senior Championships 2024 preparations we are proud to present a training session with Wrestlers from Iowa's Central College Wrestling Team.

We are opening out this training session FREE to all IAWA wrestlers 16 years and over

This is a super opportunity to train and spar with a high level American College Wrestling Team.

Places are limited
Pre-registration is essential on
www.irishwrestling.ie/events