



**Irish Amateur
Wrestling Association**
www.irishwrestling.ie

**WRESTLING
BUILDS
STRONGER
PEOPLE**

GET READY FOR THE **IRISH OPEN!**

With the Irish Open Freestyle Wrestling Championships coming up in October, we're giving wrestlers another opportunity to get valuable mat time, train with athletes from other clubs and sharpen their skills ahead of the competition.

The Irish Amateur Wrestling Association is pleased to announce a **FREE Open Mat Training Session** at Team Ryano Finglas on **Saturday, 26th September.**



DATE
**Saturday,
26th September**



LOCATION
**Team Ryano
Finglas**



ADULTS / 16+
10:00am – 11:30am
Wrestlers aged 16–17 may attend
with parental permission.



YOUTH / UNDER 18
12:00pm – 1:00pm

**THERE IS NO CHARGE TO ATTEND, BUT SPACES ARE LIMITED
AND MUST BE BOOKED IN ADVANCE.**



RESERVE YOUR PLACE
Email irishwrestlingsecretary@gmail.com with:
Full Name • Age • Club Name

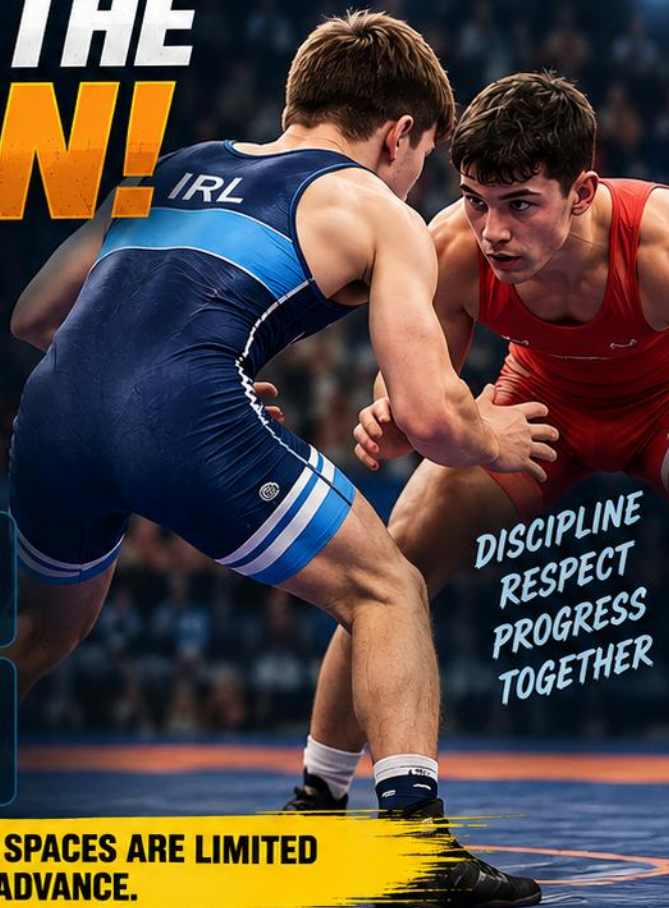


**Open to
IAWA Members
Only**

Whether you're preparing to compete at the Irish Open, looking for extra training or simply want the opportunity to wrestle with people from different clubs, we'd love to see you there.

Different clubs. Different training partners. One wrestling community.

TRAIN TOGETHER. IMPROVE TOGETHER. GET READY FOR THE IRISH OPEN.



**DISCIPLINE
RESPECT
PROGRESS
TOGETHER**