



Focus on Fundamentals Wrestling Clinic

The **Force Wrestling Club** is offering beginners and advanced wrestlers K-12th grade a chance to prepare for the season.

Who: [Force Wrestling Club](#) Coaches

What: **technique, drilling, sparring, live wrestling, games**

When: Saturday, September 30th, 2023

- **Foundational wrestlers** (0 to 3yrs experience) - 10 AM - 12 PM
- **Advanced wrestlers** (3 years + experience) - 1 PM - 4 PM

Where: Meridian High School (Wrestling Room L34)
121 Mustang Alley
Falls Church, VA 22043

Why: Fundamental wrestling techniques win matches at all levels. Come and work on your fundamentals.

Cost: \$25 per session

Feature Technician: **Zane Stickel**, 2x EIWA placer (3rd, 5th), 2nd Team NWCA Academic All-American, 2x All Academy Champion

Zane was a 3 year starter and 4 year letter winner for the U.S. Naval Academy's NCAA Division One wrestling team. Zane previously coached at the college level as a graduate assistant coach for the University of Pennsylvania and is currently a member of the Force Wrestling Club coaching staff. As a high school wrestler, he finished 3rd in the State of Ohio (Division One) and was a Cadet and Junior National Freestyle All-American.

ATTENTION: JV & Varsity high school wrestlers will be challenged technically, physically through drilling, sparring, and live wrestling.

[Register here](#)

