



MANHEIM TWP  
MAT CLUB  
PRESENTS

LANCASTER-LEBANON

2ND ANNUAL

# GIRL'S WRESTLING CLINIC

AUG 2ND & 3RD

AT MANHEIM TWP HS

FEATURING  
**CINDY  
CALIXTO**  
ALVERNIA'S  
HEAD WOMEN'S  
WRESTLING  
COACH



AND  
**JESS  
CASPERSON**



SVU'S HEAD  
WOMEN'S  
WRESTLING  
COACH

- The clinic will focus on technical development, live and situational wrestling, strength and conditioning, agility, nutrition, mindset, and of course, the "fun factor"!
- The clinic is open to female wrestlers, grades K-12, of any and all skill levels.
- All wrestlers should bring wrestling shoes, running shoes, headgear, water bottle, workout clothes, snacks and lunch.

**2 SESSIONS PER DAY:**

**10AM-12PM**

**LUNCH**

**1PM-3PM**

CONCESSIONS  
AVAILABLE

**\$150 PER  
WRESTLER\***

- Each registration includes a t-shirt and bonus 3rd day Alumni Clinic
- Discount when registering more than 1 wrestler

**REGISTRATION**

Online Registration [MTWRESTLING.COM](http://MTWRESTLING.COM)

For more information  
EMAIL COACH HAVER AT [HAVERAM@MTWP.NET](mailto:HAVERAM@MTWP.NET)

MANHEIM TWP MAT CLUB PRESENTS



# ALUMNI WRESTLING CLINIC

**AUG 4TH** AT MANHEIM TWP HS

**LED BY FORMER  
TOWNSHIP WRESTLERS  
JOSH HILLARD (F&M),  
ALI ALICEA (KUTZTOWN),  
AND SPECIAL GUEST  
ALUMNA **JESS  
CASPERSON****



**SVU'S HEAD  
WOMEN'S  
WRESTLING  
COACH**

- The clinic will focus on technical development, live and situational wrestling, strength and conditioning, agility, nutrition, mindset, and of course, the "fun factor"!
- The clinic is open to all wrestlers, grades K-12, of any and all skill levels.
- All wrestlers should bring wrestling shoes, running shoes, headgear, water bottle, workout clothes, snacks and lunch.

**2 SESSIONS PER DAY:**

**10AM-12PM**

**LUNCH**

**1PM-3PM**

**CONCESSIONS  
AVAILABLE**

**REGISTRATION**

**\$50 PER  
WRESTLER\***

- \*Each registration includes a t-shirt
- Discount when registering more than 1 wrestler

For more Information  
EMAIL COACH HAVER AT [HAVERAM@MTWP.NET](mailto:HAVERAM@MTWP.NET)

Online Registration  
[MTWRESTLING.COM](http://MTWRESTLING.COM)