

# From the Bottom to the Top



This is our first clinic in our spring specialty series. In this clinic wrestlers will learn technique that will help wrestlers explode to your feet for a escape, reversal techniques, head spins and how to counter legs. This clinic will be a high-pace intensive clinic that will include live wrestling, technique, and drilling.

When: March 3, 2018

Where: 1032 East New Circle Road Suite A Lexington, KY 40511

Cost:\$50

Schedule: Session 1: 10-12 p.m. Lunch (on our own) 12-1 Session 2: 1– 3 p.m.

To register go to [carrwrestlingacademy.net](http://carrwrestlingacademy.net) and the click on clinics and camps.  
For questions call (859)338-4534 or email [carrwrestlingacademy@gmail.com](mailto:carrwrestlingacademy@gmail.com)