

North Carolina USA Wrestling is proud to announce the inaugural

EASTERN NORTH CAROLINA SPRING SCRAMBLE & FREESTYLE CLINICS

Saturday, March 6th, 2010 at Scotland High School, Laurinburg, NC

This kick-off event has several unique features including:

- A **no-cost** freestyle clinic for coaches
- A **no-cost*** freestyle clinic for wrestlers led by Jimmy Chase from USA Wrestling
- An afternoon freestyle tournament (\$10 entry fee) using round robin brackets

Jimmy Chase's Biography

- 3 X Greco Junior National Champion
- 2 X Junior World Team
- Placed 4th at the Olympic Trials as a high school junior



Chase (blue) plants a five-point move on eventual 2008 Olympian Spenser Mango during the semifinals of the 121-pound challenge tournament at the Olympic Trials in 2008

Event Schedule

5 March 2009

10 pm online registration closes

6 March 2009

7:00-8:30 am

Tournament weigh in and clinic check in

9:00 am– noon

Coaches' Freestyle Clinic in Gymnasium 2

9:00 am– noon

Wrestlers' Freestyle Clinic in Gymnasium 1

noon—1:30 pm

Lunch on site

2pm until complete

Freestyle Tournament

*clinic is free to wrestlers with current USA memberships, non-members pay \$10, Memberships will be sold on site.

Registration Information is available at ncwrestling.org/schedule.html



NORTH CAROLINA USA WRESTLING