



## **Introduction to Wrestling for Females**

As an initiative to increase the exposure of wrestling to girls and women, Girls into Wrestling, in conjunction with Wrestling Australia Inc, will be running a grass roots training session after the “Girls into Wrestling Competition” which is held at the same venue in the morning.

It is designed to be basic workshop introducing girls and women to the basics of Freestyle Wrestling. The session will relate to other grappling disciplines and show the cross over of skills from other sports such as BJJ, Judo, MMA etc, as well as act as starting point for the absolute beginner with no previous experience.

### **Presenters:**

Geordie Lavers-McBain – Current Female Wrestling Head Coach, Multiple Black Belts

Jessica Lavers-McBain – Multiple time Australian & Oceania Wrestling Champion

Nachi Masuda – World Ranked International Female Wrestler

Date: 30<sup>th</sup> of June

Time: 3:00pm to 4:30pm

Venue: Nerang PCYC – Cayuga Street Nerang

Wear: Clothes you can move in (Rashie or t-shirt, leggings or MMA shorts, wrestling shoes if you have them)

Cost: \$15, payable on the day

For further information please email: [GirlsIntoWrestling@gmail.com](mailto:GirlsIntoWrestling@gmail.com)