



Dowling Catholic Girls Wrestling Clinic

DCHS Wrestling Room on Sept 16th (enter through the south gym doors)

All ages and abilities welcome – wear athletic gear/tennis shoes or
wrestling shoes

Session 1: 10 - 11:30 AM

Session 2: 12:30 - 2 PM

(Girls should attend both sessions if possible)

No cost | Free t-shirt for all participants

REGISTER HERE!

[DCHS FREE GIRLS WRESTLING CLINIC](#)

FEATURED CLINICIAN



- 2021 & 2023 HEART OF AMERICA ASSISTANT COACH OF THE YEAR
- 2023 IOWA AAU COACH OF THE YEAR
- 2018 BILL FARRELL INTERNATIONAL CHAMPION
- 3X SENIOR NATIONALS ALL-AMERICAN
- 2X WCWA ALL-AMERICAN

**VARELYS
VALLES**

GRAND VIEW WOMEN'S WRESTLING ASSISTANT COACH
FOR CAMP INFORMATION EMAIL - [AVALLES@GRANDVIEW.EDU](mailto:avalles@grandview.edu)