



## Irish Amateur Wrestling Association.

[www.irishwrestling.ie](http://www.irishwrestling.ie)

Unlock your potential with our exclusive female-only wrestling training session, featuring the acclaimed USA Division 1 Wrestler Emma Heslin from Lock Haven Women's Wrestling Team in Pennsylvania. This is your chance to dive into the world of wrestling in a supportive and empowering environment.

### Why You Should Join:

- **Elite Coaching:** Learn from Emma Heslin, a top-tier wrestler from the USA, who will guide you through advanced techniques and strategies.
- **Skill Enhancement:** Whether you're a beginner or an experienced wrestler, this session is designed to elevate your skills through focused drills and live sparring.
- **Community Building:** Connect with like-minded women who share your passion for wrestling. Build friendships, find training partners, and grow within a supportive community.
- **Empowerment:** Experience the thrill of wrestling in a space dedicated to female athletes, where your growth and success are the priority.

### What to Expect:

- **Comprehensive Training:** Dive into detailed wrestling techniques and engage in live sparring sessions to apply what you've learned.
- **Fun Environment:** Enjoy a session filled with encouragement and camaraderie, making learning both effective and enjoyable.
- **Personal Growth:** Gain confidence, improve your physical fitness, and discover new strengths you never knew you had.

Don't miss this incredible opportunity to enhance your wrestling skills and be part of a pioneering movement in female wrestling in Ireland. Join us for a session that promises to be as enriching as it is exhilarating!

Click [HERE](#) To Register

**FEMALE ONLY  
WRESTLING SEMINAR**

Irish wrestling are proud to introduce USA Division 1 Wrestler Emma Heslin. Emma will be coaching a female only class at Team Ryano Finglas on Saturday 29th June from 10:30am. Registration and Full details are on [www.irishwrestling.ie](http://www.irishwrestling.ie)