



RIDE & TURN CLINIC

SATURDAY, SEPTEMBER 24, 2022

ABOUT THE TRAINING

Clinicians will be Ty Pelot and Scott Pelot. Ty who is the Asst. Coach at XFE and was highly ranked at the Greco Senior level and Director of X-Factor Elite Scott Pelot will show the ride/turn we have been doing for nearly 20 years. In session 1 we will teach our Spiral Ride series, in Session 2 we integrate our crab ride into the spiral ride, and in session 3 we teach leg riding integrating these rides into one ride, turn, pin series. This clinic is geared for any wrestler wanting to become a dominant pinner. The experienced or beginner wrestler will have an opportunity to learn technique from Ty Pelot, who in High School pinned 78 opponents in 3 seasons, plus many many more throughout his career, a large majority with this series.

Limited to 65 wrestlers.

Questions?? Contact Scott Pelot by Email red1october@comcast.net or call 920-901-5000.

Send checks payable to: X-Factor Elite 2302 S. 22nd St., Manitowoc, WI 54220

TRAINING DETAILS

AGES: Open to all ages and all levels

COST: \$40.00

Location: X-Factor, 120 S. Eighth Street, De Pere, WI 54115

Schedule: Saturday, September 24, 2022

Check-in (8:30am-9:00am)

Session 1 (9:00am-10:30am) Spiral Ride

Session 2 (10:45am-12:15pm) Crab Ride

Session 3 (1:00pm-2:30pm) Leg Riding

Name _____ Age _____ DOB _____ Weight _____

Parent(s) names _____

Main phone # _____ Secondary # _____

Address _____

Email address _____ *required

School district you attend _____

2022-2023 USA Card # _____ Grade _____