



HIGH SCHOOL PRE-STATE TRAINING

ABOUT THE TRAINING

High School Pre-State training is geared towards the serious wrestlers trying to qualify for State, place at State, and/or win State. Training will focus on the technique areas that will help the give the wrestler the edge to become a champion. Workouts will be intense with a majority of live wrestling with the technique work. Technique will be wrestler driven. Limited to 75 wrestlers. Past years the pre-state session has been full!!!

Questions?? 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: High School wrestlers only

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

PRE-STATE SESSION DATES

SUNDAYS

JAN. 20	JAN. 27	FEB. 3	FEB. 10	FEB. 17
5:30-7:30PM	5:30-7:30PM	9:30-11:30AM	9:30-11:30AM	9:30-11:30AM

COST: \$50.00 (XFE MEMBERS)

\$75.00 (NON-MEMBERS)

DROP-IN FEE IS \$20(if not full)

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Name _____ Age _____ DOB _____ Weight _____

Parent(s) names _____

Main phone # _____ Secondary # _____

Address _____

Email address _____ *required

School district you attend _____

2018-19 USA Card # _____ Grade _____

PRE-STATE SESSION _____ AMT. PD _____