



## ABOUT THE TRAINING

Coaches will be Scott Pelot and Max Hansen. This program will be a basic introduction to wrestling. The 7 Basic Technical Skills of Wrestling will be the focus: Stance, Motion, Changing Levels, Penetration, Lifting, Back Step & Back Arch. From teaching the wrestlers these skills, it is the hope that it translates to good form on the technique/moves that are related to these skills. A handful of 2018 next-x members assimilated into the regular XFE program in early 2019.

Limited to **16 wrestlers**.

Questions?? Contact Scott Pelot by Email [red1october@comcast.net](mailto:red1october@comcast.net) or call 920-901-5000.

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

## TRAINING DETAILS

**AGES:** 4-6 year olds

**COST:** \$85.00

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

**Schedule:** Thursdays, 5:30-6:30pm for 10 nights

**Dates:** September 12,19,26 October 3,17,24,31 November 7,14,21

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Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ Weight \_\_\_\_\_

Parent(s) names \_\_\_\_\_

Main phone # \_\_\_\_\_ Secondary # \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_ **\*required**

School district you attend \_\_\_\_\_

2019-20 USA Card # \_\_\_\_\_ Grade \_\_\_\_\_ Shirt Size \_\_\_\_\_