



## ABOUT THE TRAINING

Coaches will be Scott Pelot and Max Hansen with assistance of XFE wrestler Braeden Hamill. 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. The wrestlers will learn the core technique taught at XFE. The goal is that each wrestler will assimilate into regular XFE practices at program completion. Reminder this is a true beginner program.

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:** 4-8 year olds

**COST:** \$95.00

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

**Schedule:** Thursdays, 5:00-6:00pm for 10 nights

**Dates:** October 6, 13, 20, 27 November 3, 10, 17 December 1, 8, 15 (Snowday December 22)

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

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

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

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

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

2022-23 USA Card # \_\_\_\_\_ Grade \_\_\_\_\_ Shirt Size \_\_\_\_\_