



## 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.

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-Factory, 120 S. Eighth Street, De Pere, WI 54115

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

**Dates:** November 15, 29, December 6, 13, 20, January 10, 17, 24, 31 February 7

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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 \_\_\_\_\_ Shirt Size \_\_\_\_\_