



## 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 goal is that each wrestler will assimilate into regular XFE practices at program completion.

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 7, 14, 21, 28 November 4, 11, 18 December 2, 9, 16

=====

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

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

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

Address \_\_\_\_\_

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

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

2021-22 USA Card # \_\_\_\_\_ Grade \_\_\_\_\_ Shirt Size \_\_\_\_\_