HIGH SCHOOL IN-SEASON TRAINING

ABOUT THE TRAINING

High School in-season 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 wrestler give the edge to become a champion. There will be two sessions. The first 6 workouts(Regular Season) will be technique focused with light live wrestlers. The final 4 workouts(Pre-State) will be intense with a majority of live wrestling with some technique work. Technique will be wrestler driven.

TRAINING DETAILS

AGES: High School wrestlers only

REGULAR SEASON SESSION PRE-STATE SESSION

DATES: DEC. 4,11,18, JAN. 8, 15,22 JAN. 29, FEB. 5, 12, 19

TIMES: SUNDAYS 5:30-7:30PM SUNDAYS 9:30-11:30AM

COST: $75.00 $50.00

IF SIGN-UP FOR BOTH $110.00

DROP-IN FEE IS $20

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

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

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

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

2016-17 USA Card #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

REGULAR SEASON SESSION\_\_\_\_\_ PRE-STATE SESSION\_\_\_\_\_\_ BOTH\_\_\_\_\_\_\_ AMT. PD\_\_\_\_\_\_\_