



## HIGH SCHOOL PRE-STATE TRAINING

### ABOUT THE TRAINING

High School Pre-State 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 give the wrestler the edge to become a champion. Workouts will be intense with a majority of live wrestling with the technique work. Technique will be wrestler driven. Limited to 75 wrestlers. Past years the pre-state session has been full!!!

Questions?? 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:** High School wrestlers only

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

#### PRE-STATE SESSION DATES

##### SUNDAYS

JAN. 21	JAN. 28	FEB. 4	FEB. 11	FEB. 18
5:30-7:30PM	5:30-7:30PM	9:30-11:30AM	9:30-11:30AM	9:30-11:30AM

**COST:** \$50.00 (XFE MEMBERS)

\$75.00 (NON-MEMBERS)

DROP-IN FEE IS \$20(if not full)

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

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

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

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

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

2017-18 USA Card # \_\_\_\_\_ Grade \_\_\_\_\_

PRE-STATE SESSION \_\_\_\_\_ AMT. PD \_\_\_\_\_