

OFFSEASON PROGRAMS HAMMER WRESTLING SCHOOL.

Call 331-444-2151

Email:
hammerwrestlingschool@gmail.com



Recommended
Grades 7-12

Practices held at
PUSH Wrestling Facility

POSTSEASON SESSION 1 - SPRING

March 14 - May 11 (8 weeks)

Tuesdays & Thursdays, 5:30 - 7pm

OFFSEASON SESSION 2 - SUMMER

May 29 - July 27 (8 weeks, off 4th of July week)

Tuesdays & Thursdays, 5:30 - 7pm

PRESEASON SESSION 3 - FALL

September 5 - October 26 (8 weeks)

Tuesdays & Thursdays, 5:30 - 7pm

PRICE: \$125 / Session *\$25 off for 2 sessions, \$50 off for all 3 sessions*

All wrestlers must be members of PUSH Wrestling Facility in order to participate in sessions. Above prices do not include their monthly member fees. Sign up for PUSH separately. PUSH members get 24/7 access to the facility, allowing for additional workouts any time.

These programs are designed for wrestlers that want to continue improving their wrestling skills beyond the competitive season. We utilize proven methods that will be of benefit to both elite and novice wrestlers. Our programs offer a great deal of personal attention and the ability to divide into focused groups as needed. The sessions will focus mostly on folk-style wrestling but we can adapt to the needs of our members for other styles as needed. This includes technique, drills, strength/conditioning, mental preparation, nutrition, etc. Various guest clinicians may be brought in during the course of the sessions.

WWW.PUSHWRESTLING.COM

Register Online!

[HTTP://HAMMERWRESTLING.ORG](http://HAMMERWRESTLING.ORG)