

# 2016 POSTSEASON WRESTLING

Hosted by

## Hammer Wrestling & Naperville North HS

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 cover various aspects of freestyle, greco-roman, and folkstyle wrestling. This includes technique, drills, strength/conditioning, mental preparation, nutrition, etc. Various guest clinicians may be brought in as well.



**April 4 - May 25 -- Mondays and Wednesdays -- 6:15-7:30pm**

<b>DATES:</b> Apr 4, Apr 6 Apr 11, Apr 13 Apr 18, Apr 20 Apr 25, Apr 27	May 2, May 4 May 9, May 11 May 16, May 18 May 23, May 25	<b>REGISTRATION:</b> Go to <a href="http://hammerwrestling.org">http://hammerwrestling.org</a> to register. Must have USA Wrestling Card to participate. Get one at <a href="https://www.usawmembership.com/">https://www.usawmembership.com/</a>
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**COST:** \$200

**AGE:** Recommended for 7th - 12th grade students

@ Naperville North High School (Wrestling Balcony)

899 Mill St

Naperville, IL 60563

For more information contact:

[hammerwrestlingschool@gmail.com](mailto:hammerwrestlingschool@gmail.com)

