



PrimoSports

"Your Multi-Sports Center"

Wrestling Academy Classes & Free Clinic

John Degl- Director of Wrestling

Technique Instruction- Basic foundational positions. Wrestling is more about positions than moves. Understand positioning, and technique naturally flows.

Drilling- Deep Practice Principles- Repetition builds recall. Being able to not think but feel openings is paramount to high level success.

Live Wrestling- Wrestling situations and match simulation build needed experience. Also the condition gained from going live is like no other workout.

Sports Science/Psychological/Analysis- Introductions to the mental preparation, nutrition, physical fitness, goal setting, and the importance of getting a great education in school are all discussed.

**Pre registration is
required!
845.651.0440**

FREE- Team 9 Open House

May 15-

Pee Wee: 5:00 - 6:30pm

HS Elite: 6:45 – 8:15pm

May 29, 31 & June 2

\$15 Drop In Clinic

Wrestling Academy Classes

Wednesdays, Fridays & Sundays

	<u>Pee-Wee Pricing per session</u> (5:00-6:15)	<u>HS Elite Pricing per session</u> (6:45-8:15)
<u>Session 1</u> June 16 – July 15	1 day per week-\$75	1 day per week-\$60
<u>Session 2</u> July 16 – Aug 15	2 days per week- \$145	2 days per week- \$115
<u>Session 3</u> Aug 16-Sept. 15	3 days per week- \$240	3 days per week- \$150
<u>Session 4</u> Sept. 16 – October 15	*Drop in per Class- \$20	*Drop in per Class- \$20
<u>Session 5</u> October 16 – November 15	*(must call by noon day of class to register)	*(must call by noon day of class to register)
	<u>Packages</u>	<u>Packages</u>
	3 Month Package- \$690 (3 days)	3 Month Package- \$420 (3 days)
	6 Month Package- \$1320 (3 days)	6 Month Package- \$780 (3 days)
	Pre-registration is required!	Pre-registration is required!