

SPRING 2018 FREESTYLE WRESTLING WORKOUTS



OFF SEASON WRESTLING MAKES IN SEASON CHAMPIONS!

"They say championships are won in the off season. You simply pick up the medals in season."

WHAT ARE YOUR OFF SEASON PLANS???

The 2018 Spring Session will focus on Freestyle wrestling. Freestyle is the style of wrestling used in International and Olympic competitions. The difference between Freestyle and Folkstyle (used in high school and college) is that Freestyle is wrestled mostly from the feet where good takedown skills are needed. It is faster and more exciting with bonus points awarded for high amplitude throws. Will this also help you in Folkstyle? **ABSOLUTELY!!!**

- WHO:** Middle and High School Wrestlers (Elementary at discretion of coaches)
WHEN: Mondays and Thursdays starting March 12 - May 10 (8 weeks) from 6:30 to 8PM
WHERE: Mondays at **Boys and Girls Club** (347 Stillwater Ave, Stamford, CT)
Thursdays at **Westhill HS** (125 Roxbury Rd, Stamford, CT)
COST: \$195 entire session or \$15 per class walk-up (USA insurance card not included)

COACHES

Jere Petersen: California Freestyle and Greco Roman State Champion; USA World Team Member (Freestyle Cadets & Juniors); four years wrestling and football at Columbia University; Varsity Head Coach - Stuyvesant High School 1991-95

Bryan Spielvogel: Freestyle Empire State Games Champion; Freestyle National Team Member; Freestyle Jr Olympic Team Member

Sign up today! Space is limited to the first 25 wrestlers!

STAMFORD JUNIOR WRESTLING CLUB

For more info contact or visit us at

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