



Wadsworth Grizzlies

WRESTLING



WORKOUT CENTER

When: Every Thursday in the spring, summer and fall.

Time: 7:00 P.M.- 8:00 P.M.

Who: Any wrestler interested in developing skill and having fun.

Where: Wadsworth Wrestling Room

Cost: Free! Free! Free! Just fill out the emergency form below and have your parents sign the waiver. All participants must turn in signed forms.

Goal: "Be a Champion!"

The Wadsworth coaches are inviting wrestlers to have a good working yet relaxed atmosphere to improve the technique, confidence, and ability of the wrestlers involved. These open mats prepare the wrestler for the upcoming year and develop better wrestling skills. The off-season is where the greatest gains are made. Take advantage of this opportunity and ...

... Become a Champion!

I would like to enroll in the OPEN MAT PROGRAM.

Name _____ Age _____ Grade _____

Address _____ Phone _____

I hereby desire that my son participate in the wrestling program. By execution of this release, I acknowledge and agree that all requirements, directions, supervision, and standards set by the coaches and directors of this program shall be established for the athlete's benefit. I hereby voluntarily assume all risk of accident or injury to my minor which may arise out of his participation in this program, and therefore release the Wrestling Program and the personnel associated with this program from any liability that may result.

PARENT or GUARDIAN

SIGNATURE



Open Mats

Thursday Session



6:30PM

Doors Open

6:45-7:00 PM

Stretches

7:00-7:15PM

Jog laps & tumbles
25 Favorite Takedowns

7:15-7:30PM

Live Takedowns

7:30-7:45PM

Live Takedown Rides

7:45-8:00PM

3- 5 Min. Matches

8:00-8:15PM

Warm down

8:00-8:15PM

Ropes, pushups.pullups

Team Meeting

Working on
Suburban
League Title #16
in a row

“Strength
within, Pride
throughout”