



The Alpha Dawg Wrestling Team is an intense, advanced wrestling program which caters to experienced wrestlers in grades 1<sup>st</sup> through 8<sup>th</sup>. Coaching staff will emphasize basic and advanced wrestling technique, as well as overall conditioning. Participating athletes are expected to be highly motivated and committed to the sport of wrestling. Individuals will be training for competitive tournaments throughout California and beyond.

Participants in the Alpha Dawg program should have a minimum of two years of wrestling experience and have competed in two or more tournaments. However, regardless of a wrestler's experience or accomplishments, acceptance into Alpha Dawg is subject to coach's discretion.

**WHO:** Experienced wrestlers (girls and boys) in grades 1-8

**WHEN:** October 23<sup>rd</sup> through February 29<sup>th</sup>

**DAYS:** Monday, Tuesday, and Thursday

**TIME:** 6:00 PM – 7:45 PM

**WHERE:** Folsom High School Wrestling Room (1655 Iron Point Rd)

**FEE:** \$250 for the season for one wrestler. Sibling discount of \$50 for the second wrestler from the same family.

**For more information, please contact:**

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