



The Alpha Dawg Wrestling Team is an intense, advanced wrestling program which caters to experienced wrestlers in grades 1st through 8th. 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 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 (boys and girls) in grades 1-8

WHEN: November 1st through February 24th

DAYS: Monday, Tuesday, and Thursday

TIME: 6:30 PM – 8:00 PM

WHERE: UFC Gym, 1010 E Bidwell St, Folsom 95630

FEE: \$150/wrestler for the season (Membership of \$29/mo at the UFC Gym also required for use of the facility)

For more information, please contact:

Coach David Yi: davidyi567@gmail.com

Coach Mike Collier: mlcollier134@hotmail.com

Team Mom Sarah: alphadawgwrestling@gmail.com



Check out Alpha Dawg Wrestling on Facebook



And Instagram (@alpha_dawg_wrestling)

