



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 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 (boys and girls) in grades 1-8

WHEN: November 7th through March 2nd

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:

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)

