

Mad Dawg Summer/Fall Wrestling Program

What: Continue wrestling throughout the entire summer and fall. That is four to five more months of off-season training. The program starts the first week of June and runs all the way to September/October. Although initially we will continue to practice both freestyle and Greco Roman wrestling, we will eventually convert back to folkstyle wrestling for the majority of the program.

When: Tuesday and Thursday evenings with two separate sessions.

1st session: 5 pm to 6 pm for beginner/novice wrestlers.

2nd session: 6 pm to 7:30 pm for experienced/advanced wrestlers.

Who: The 5 pm session is geared for 8th grade and younger wrestlers who are considered beginners or novices. The 6 pm session is designed for experienced middle school wrestlers and high school wrestlers with the goal to prepare athletes for the upcoming season starting in November. Younger wrestlers are more than welcome to participate in the 6 pm session but the pace and level of instruction may be challenging.

Where: All practices are held at Folsom High School in the wrestling room.

Cost: \$150. Stay in decent wrestling shape and receive excellent wrestling instruction/technique from our Mad Dawg coaches. Checks are to be made out to: **Mad Dawg Wrestling Club.**

****For more information contact Coach Duane Fidel****

1. Cell phone: (916) 705-8077

2. Email: duanefidel@comcast.net

Registration Form

Athlete's name: _____ Age: _____

Cell phone: _____ Home Phone: _____

Emergency contact person: _____

Home address: _____

Email address: _____

Are you currently a registered Mad Dawg Club member: yes no