



— **FRANKFORT** —

Off Season Youth Wrestling Program

at Roma Sports Club

Ages 6-14

April 24th-July 31st

Tuesdays and Thursdays 6-8pm

Folkstyle and Freestyle

Mission...

This program is geared towards sharpening a wrestler's skill set, building muscle memory, learning mat aggression, core strengthening, technique and speed! Those interested in Freestyle will learn a faster pace style of wrestling, which will help them greatly when going back to Folkstyle in December.

ALL Wrestlers **MUST** have a current USA Wrestling Card

27 -two hour practices

Cost \$150.00

Contact Jerry Donnelly 708-288-8625 or frankfortgladiatorwrestling@gmail.com

Frankfortgladiatorwrestling.com

“GIVE ME 6 HOURS TO CHOP DOWN A TREE AND I WILL SPEND THE FIRST 4 SHARPENING THE AXE.” –Abraham Lincoln

