



Wrestling

PRE-SEASON WRESTLING TUNE UP

There's an old saying in wrestling: many championships are won in the preseason!

The goal of this 'tune up' is to train athletes to reach their full potential this season in wrestling! We will focus on technique and drilling.

All practices will be lead by Ashland University Wrestlers!

Dates: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

Sign-up: at 6:00 p.m. on 9/17 before first practice.

Time: 6:30-8:00 p.m. (Please arrive by 6:15... We WILL start on time)

Location: Ashland University wrestling room- 916 King Rd. Ashland, Ohio (inside Kates Gymnasium)

Cost: \$25.00 or \$5.00 a session. All proceeds go back to the AU wrestling team.

This is open to all wrestlers 1st grade- high school with at least one year experience. All schools are welcome!

Question please contact Perry Ohl 419-565-2692 or email

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