

2022 Fall Champion's Training

Alpha Wrestling Academy Pre-Season

September 6th thru October 27th

The pre-season training program used by the coaching staff at Alpha Academy has prepared numerous Champions for the rigors of battle.

The Champion Training will teach:

- ✓ Proper Nutrition
- ✓ High level Technique
- ✓ Mental Preparedness for matches and practice.
- ✓ Goal Setting

Days: **Tuesdays, Thursdays Time: 6pm – 7:30 @ Rockford East HS**
Sundays Time: 3pm – 4:30 @ Rockford East HS

Cost: (must have a current 2023 USAW card) [click here to purchase your new 2023 USAW card](#)

- **Full Program:**
\$65/wrestler
- **Family & Team Discounts (Full Program Only):**
Please call or email the contact info below for details.
- **Fall Athlete Special – Sundays Only - \$35**

On-Line Registration: [Click here or scan QR code to complete and submit form](#)



Practice site address:

Rockford East HS - 2929 Charles Street - Rockford, Illinois

(use door FH3 behind the school across from FB field)

Questions?? Call 815-703-5780 or email wrestling@alphawrestling.com

Follow us on Facebook: [Alpha Wrestling Academy](#) & on Twitter: [@AlphaWeAreOne](#)