

2019 OFFSEASON PROGRAMS HAMMER WRESTLING SCHOOL.

hammerwrestlingschool@gmail.com

Call 331-444-2151

THE TIME IS NOW!



Recommended

Grades 7-12

Practices at:
Naperville North HS
899 N. Mill St.
Naperville, IL 60563

POSTSEASON SESSION 1 - SPRING

April 1 - May 22

Monday & Wednesday @ 6 - 7:30pm

OFFSEASON SESSION 2 - SUMMER

June 3 - July 31 (off week of 4th of July)

Monday & Wednesday @ 6 - 7:30pm

PRESEASON SESSION 3 - FALL

September 4 - October 23

Monday & Wednesday @ 6 - 7:30pm



Valid USA
wrestling card is
required

Times may be subject to change.

COST: \$200 / Session

These programs are designed for wrestlers that want to continue improving their wrestling skills beyond the competitive season. We utilize proven methods that will be of benefit to both elite and novice wrestlers. Our programs offer a great deal of personal attention and the ability to divide into focused groups as needed. The sessions will focus mostly on folkstyle wrestling but we can adapt to the needs of our members for other styles as well. This includes technique, drills, strength/conditioning, mental preparation, nutrition, etc. Various guest clinicians may be brought in during the course of the sessions.

Register Online!

WWW.HAMMERWRESTLING.ORG