



## 2021 PRE SEASON SESSION SCHEDULE

**Dates:** 9/7/21 through 11/14/21 Sundays and Tuesdays

**Age Groups:** K - 2nd Grade, 3rd - 5th Grade, 6th - 8th grade, & High School

### Sunday Session Times:

Greco	12:30 - 2 PM	(\$15 Drop in only)
High School Folkstyle	2 - 3:15 PM	
Strength Training	3:15 - 3:30 PM ***	
6th - 8th Grade	3:30 - 4:45 PM	
3rd - 5th Grade	4:45 - 6 PM	
K - 2nd Grade	6 - 7 PM	

### Tuesday Session Times:

Strength Training	7:00 - 7:15 PM ***
3rd Grade—High School	7:15 - 8:30 PM

### Cost:

One Night Of Practice:	\$195
Two Nights of Practice	\$295

(\$25 discount if your athlete is registered by 9/1/21)

\*Reduced rates for multi family athletes\*

### Registration:

Registration can be done in person, by mail, or through Trackwrestling. Registration forms can be found on [worldgoldwrestling.com](http://worldgoldwrestling.com) The mailing address is: 6426 5th Ave Rudolph, WI 54475

Trackwrestling Link is: <https://www.trackwrestling.com/tw/opentournaments/VerifyPassword.jsp?tournamentId=631167132>

### Practice Location:

**The Beast Cage**

**3039 State Hwy 73**

**Wisconsin Rapids WI 54495**

Call/text (715)-459-4090 or email [Obsessedwrestler36@gmail.com](mailto:Obsessedwrestler36@gmail.com) with any questions.

\*\*\*Strength training is open to athletes of all ages and is strongly encouraged if you are serious about the sport. \*\*\*