

Beginner Program

Cost: \$75/month

Practice: Monday & Wednesday

Time: 6:15 – 7:30pm

Intermediate/Advanced Program

Cost: \$95/month

Practice: Monday thru Thursday

Time: 6:30 – 8:15pm

Academy Elite Program

Cost: \$110/month

Practice: Monday & Wednesday

Time: 6:30 – 8:15pm

Practice: Tuesday & Thursday

Time: 6:30 – 8:30pm

Academy Coaching Staff

JAMILL KELLY (Guest Appearances)

-2004 Olympic Silver Medalist

- U.S. Open National Champion

JIM GRESSLEY

-ASU All-American (3rd)

-3rd Junior World Championships

CURTIS OWEN

-ASU All-American (4th)

-J.C. National Champion

BRIAN BRADY

- Sunkist Kids Fit & Conditioning Coach

- 32 years Personal Training

SEAN GRAY

-Beginner Program Coach

-8 years with the Academy

VICTOR COMBS

-Intermediate Program Coach

-3 years with the Academy

Assistants, Staff & Volunteers

Georgette Aguero, Marci Cardenas, Raul

Cardenas, Dan Cordova, Phil Cordova,

Tom Gruelle & Randy Leydecker

(Academy Counselors)

ASU & Sunkist Kids Elite Athletes

Academy Director

Timothy Gressley

-26 years in coaching

-20 years with the Sunkist Kids

Tel: 480-205-3015

EFax: 866-923-6050

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The Wrestling Academy

August 5, 2019 - MAY 21, 2020

The Wrestling Academy is proud to announce that all members of our Academy Coaching Staff are Safe Sport approved and Bronze Certified through USA Wrestling. The Academy Program has earned 3 National Team Titles and 10 State Championship Team Titles. Our Mission is to provide wrestlers access to the best coaching and training environment possible. To give them the knowledge and tools necessary to become successful student-athletes on and off the mat. The focus will be on developing a grass roots program to promote the sport of wrestling through the Sunkist Kids Academy, the Regional Training Center (RTC) and the Elite Club.

- 7 basic skills of wrestling
- Athleticism training through a gymnastics and tumbling routine
- Elite instruction from current and former Sunkist Kids athletes and coaches
- Folkstyle (Fall-Winter), Freestyle/Greco (Spring) curriculum to be taught
- Encourage Excellence in Academics on a college campus environment

Academy practices and programs will be held **Monday thru Thursday** from **6-8:15pm** at ASU - Riches Wrestling Complex.

The Wrestling Academy expects our athletes to follow wrestling etiquette:

Be respectful to Coaches, Teammates & Parents, Including, but not limited to:
No foul language, proper competition etiquette – Win or Lose; Shake officials hand, competitors hand, opposing coach's hand & no fighting.

(Riches Wrestling Complex - 391 S. Rural Rd. Tempe, AZ 85281)