



# FOOTBALL PLAYERS: **HIT THE MAT!**

**WRESTLING BUILDS BETTER  
FOOTBALL PLAYERS.**

## ★ **NC LEGEND** ★ ★ **INTRO TO** ★ **WRESTLING** **CLINIC**



**TEAM BONDING  
EXPERIENCE!**  
Build trust, communication  
and camaraderie on and  
off the mat.

### **GAME CHANGING BENEFITS FOR FOOTBALL PLAYERS**



#### **BETTER TACKLING**

Learn to control  
opponents and  
finish through  
contact.



#### **STRENGTH & EXPLOSIVENESS**

Build functional  
strength, powerful  
hips and explosive  
movement.



#### **BALANCE & BODY CONTROL**

Stay on your feet,  
maintain position  
and control your  
body in any position.



#### **LEVERAGE & HAND FIGHTING**

Win position,  
control opponents  
and use leverage in  
every play.



#### **FOOTWORK & AGILITY**

Improve quickness,  
reaction time and  
change of direction.



#### **TOUGHNESS & CONFIDENCE**

Build confidence  
one-on-one and  
become mentally  
tough.



**NO EXPERIENCE NEEDED!**

Come learn the basics of wrestling  
in a fun, high-energy clinic  
designed for football players!

# **100% FREE!**



**DATE:**  
**SUNDAY OCTOBER 4TH**



**AGES 6-8** 2:00PM  
**AGES 9-12** 3:30PM



**LOCATION:**  
NC Legend Training Center  
14121 US-17  
Hampstead, NC 28443



**WHO:**  
Youth Football Players  
Grades K-8

**REGISTER TODAY! → AT [WWW.NCLEGEND.COM](http://WWW.NCLEGEND.COM)**



ALL SKILL LEVELS  
WELCOME



YOUTH • MIDDLE SCHOOL  
HIGH SCHOOL



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@NCLEGEND

## **TRAIN HARD. BECOME LEGENDARY.**