



# Eastview Lightning Pre-Season Training

6<sup>th</sup> – 12<sup>th</sup> Grade Wrestlers

## MAKE A COMMITMENT...

If you want to be the "BEST" that you can be, you must make a Total Commitment to Excellence!

### Pre-Season Wrestling goals:

- ◆ Make a Commitment to Team 2020
- ◆ Develop an Aggressive Style of Wrestling
- ◆ Have a Competitive Structured Environment
- ◆ Prepare for the upcoming wrestling season.
- ◆ Build Eastview Pride & Team Unity

### Pre-Season Wrestling Sessions will include:

- ◆ (10+) Coach Led Training Sessions
- ◆ *Nick Fornicoia, Travis Lee, & others.*
- ◆ All training sessions in the EV wrestling room.
- ◆ Complements EVHS WT Training (Super Group)
- ◆ Low Cost of \$30.00 – Checks payable to Eastview Wrestling.

## 10+ Training Sessions

Sunday, Oct. 13 <sup>th</sup>	4:30 – 5:45 pm
Wednesday, Oct. 16 <sup>th</sup>	3:15 – 4:30 pm
Sunday, Oct. 20 <sup>th</sup>	4:30 – 5:45 pm
Wednesday, Oct. 23 <sup>rd</sup>	3:15 – 4:30 pm
Sunday, Oct. 27 <sup>th</sup>	4:30 – 5:45 pm
Wednesday, Oct. 30 <sup>th</sup>	3:15 – 4:30 pm
Sunday, Nov. 3 <sup>rd</sup>	4:30 – 5:45 pm
Wednesday, Nov. 6 <sup>th</sup>	3:15 – 4:30 pm
Sunday, Nov. 10 <sup>th</sup>	4:30 – 5:45 pm
Wednesday, Nov. 13 <sup>th</sup>	3:15 – 4:30 pm

**Place:** EVHS Wrestling Room

**Cost:** \$30. That is only \$3 per session.  
Checks payable to Eastview Wrestling.

**Questions:** Travis Lee

[Travis.lee@district196.org](mailto:Travis.lee@district196.org)

*Senior led practices may be scheduled other days.*

## GRIT – DETERMINATION – TRIUMPH

Please Detach Here

Name \_\_\_\_\_ Grade '19-'20 \_\_\_\_\_ Weight \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parent Names: \_\_\_\_\_

Parent E-Mail: \_\_\_\_\_ / \_\_\_\_\_

Parent Cell # \_\_\_\_\_ Wrestler Cell # \_\_\_\_\_