

	2026 SPRING SEASON			
PRACTICE TEAM	EXPERIENCE AGE/GRADE	SCHEDULE	COST	DETAILS
Freestyle/Greco-Roman	Min 1 year experience 7th-12th Grade or Coach Approved	March 23rd-May 14th Mondays, Tuesdays & Thursdays 6:00pm - 7:30pm (Excluding School Holidays)	\$499	Olympic Styles High level Coaching and Optimal Coach to Athlete Ratio
Youth Folkstyle Spring Season	No experience necessary K-6th Grade or Coach Approved	March 23rd-May 14th Mondays & Thursdays 5:00pm - 6:00pm (Excluding School Holidays)	\$359	Room divided by age Fundamental Wrestling Technique