



Ringers Wrestling Summer Training School

Pius XI High School
Wrestling Room in Fieldhouse
76th St. 2 blocks North of I-94

Class Schedule: Wednesdays, 6-7 pm
Session I: 7-8 to 8-26-09 (8 practices)
Session II: 9-2 to 9-30-09 (5 practices)

Ages: All Ages.

Itinerary:

6:00 to 6:10 pm	Warm-up, Stretch
6:10 to 6:30 pm	Drilling
6:30 to 7:00 pm	Live

Style: **Folkstyle** unless participants have upcoming Freestyle or Greco-Roman competition.

Cost: Full Time: Session I: \$60, Session II: \$40. Make payments at ringerswrestling.com
Per workout: \$15 if space available, full time gets preference. Pay at door
Session I: 2008-9 USA Wrestling Card required. Card expires Aug. 31, 2009.
Session II: 2009-10 USA Wrestling Card required. Card expires Aug. 31, 2010.

Enrollment: Ringers Summer Training School is open to all wrestlers until the school is full. If a member does not have a partner their age/weight, Ringers reserves the right to refund membership fees.

If enrollment exceeds space requirements, a second hour may be added and age groups split.

About Ringers: For over 20 years, Ringers has taken Wisconsin wrestlers to the next level. Ringers' wrestlers regularly win state and national championships, with help from serious drilling partners and outstanding coaches. Our goal at Ringers is to provide affordable access to a positive, lifelong experience.

To register: Go to ringerswrestling.com for forms and online payment. For Session I, those previously enrolled in Ringers since September 1, 2008, need only make payment and show their Ringers Membership Card. For Session II, everyone will have to register for the 2009-10 season with new forms and USA Wrestling Card.