



Ringers Wrestling

Summer Training School

Milwaukee
Pius XI High School
135 N. 76th Street, Milwaukee
76th St. 2 blocks North of I-94

Elkhorn
Southern Lakes Wrestling Center
230 W. Evergreen Parkway, Elkhorn
Off of Hwy 67 Across from Golf Course

Class Schedule: Wednesdays, 6-7 pm, Milwaukee **OR** Tuesdays, 6-7, Elkhorn (Session II)
Session I: July 7 to Aug. 25, 2010 (8 practices)
Session II: Milwaukee (Wed) - Sept. 1 to Sept 29th, 2010 (5 practices)
Elkhorn (Tue) – Aug 31st to Sep. 28th (5 practices)

Ages: Grade School and High School wrestlers

Itinerary:
6 to 6:10 pm Warm-up, Stretch
6:10 to 6:30 Drilling
6:30 to 7 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: 2009-10 USA Wrestling Card required. Card expires Aug. 31, 2010.
Session II: 2010-11 USA Wrestling Card required. Card expires Aug. 31, 2011.
USA Cards available for purchase at practice locations.

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, 2009, need only make payment and show their Ringers Membership Card. For Session II, everyone will have to register for the 2010-11 season with new forms and USA Wrestling Card.