



## Pre-Season Wrestling Performance Camp

Every wrestler knows that to be the best on the mat today takes **EXPLOSIVE SPEED, POWER,** and **CONDITIONING**. There is no room for slow and tired if you want to get the win...

This means that if you're serious about wrestling your best this coming season, the time to get ready is NOW. Sabotage Wrestling Academy & EndZone Athletics, the Northwest leaders in Performance Wrestling Training, would like to offer you the opportunity to become faster, more explosive, and better conditioned than ever!

Give us 4 weeks and be prepared to be a whole new athlete...

We invite you to join other serious wrestlers this fall for our exclusive 4 week Wrestler's Performance Camp at EndZone Athletics in Kirkland.

There is no other program for wrestlers like this anywhere in the Northwest.

### Camp Features:

- ✓ Wrestling specific strength training
  - ✓ Injury Prevention
  - ✓ Performance Nutrition
  - ✓ Explosive Conditioning
  - ✓ Results Testing & Tracking
  - ✓ Guaranteed Improvement!

### HURRY! SPACE IS EXTREMELY LIMITED

In order to guarantee the best training possible, we are limiting the camp to **just 10 athletes**. Once all 10 spots in the camp are filled, registration will be closed and no exceptions will be made. If you're serious about your wrestling and you want to step on the mat this fall knowing you're in better shape than every opponent you face, this is your chance.

And if you're even thinking about wrestling in college, this is an opportunity to train with the best that you simply can't miss...

"I started training at EndZone in the summer of 2006 to train for wrestling nationals and I can say it was one of the best decisions I've made in my life. Because of EndZone, I have been changed physically and mentally for wrestling. I feel the extra edge when I practice and compete"

Sam Ottow, Snohomish Wrestling  
2009 130lb State Champion

**RESULTS ARE 100% GUARANTEED!**

At EndZone Athletics, we are so confident that our programs will help you perform your best that we guarantee it. If you aren't faster, more explosive, and better conditioned after this camp we will give you a 100% no questions asked refund of your entire tuition. You will feel the difference on the mat or your money back, it's that simple.

**CAMP DETAILS:**

The sessions will be offered on Mondays and Wednesdays from 4:00 to 5:00 pm at EndZone Athletics in Kirkland. There are two 4 week sessions available but we encourage all athletes to sign up for both sessions for maximum results.

**SESSION I:** September 21-October 14

**SESSION II:** October 19 – November 11

**COST:** \$199.00 for each 4 - week session) (\$20 discount for Sabotage Members)

**QUESTIONS:** Call EndZone at 425-739-9295

Registration is now open and spaces are filling up fast! Don't miss out.