



2010 FREESTYLE / GRECO TRAINING & TEAMS

Sabotage Wrestling Academy will begin our 2010 Training and practices on March 1, 2010. Sabotage is committed to offering the best in a 3 dimensional approach to the wrestling athlete: physical, technical, and mental training. Along with our Director Shaun Williams and Head Coach Cliff Johnson, we will be bringing in guest coaches such as Heinrich Barnes, Mike Davis and other international wrestlers throughout the season. We will be practicing at 2 different locations and anyone can attend either or both for a total of 5 days a week available practice times. Fridays will be a combined practice with athletes from both locations for the ultimate in exposure to new practice partners. Check out our website at www.sabotagesports.com for more detailed information on our philosophy and programs.

PRACTICES

DATES: March 1, 2010 through July 30, 2010

COACHES: Shaun Williams and Cliff Johnson

LOCATIONS: Arlington High School on Mondays and Wednesdays
Woodinville/Kirkland HS School on Tuesdays and Thursdays
Fridays alternating locations

TIMES: 6:30 – 8:00

COSTS: Membership fee of \$75.00 plus \$40.00 per month practice fee

REGISTER: www.sabotagesports.com

TRAINING & TESTING

DATES: March 1, 2010 (6 week sessions throughout the season)

TRAINER: Joel Jamieson of Endzone Athletics

LOCATION: Endzone Athletics in Kirkland

TIMES: 4:30 – 5:30 on Tuesday & Thursdays or
4:30 – 5:30 on Wednesdays & Fridays

COSTS: \$99.00 for 6 week session (Sabotage Members only)

REGISTER: www.endzoneathletics.com