



SWA KIDS FOLKSTYLE 2009-2010

We invite you to join other serious wrestlers this fall for our **Elite Kids Folkstyle Wrestling Team**

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

**Coach Cliff Johnson**

Team Features:

- ✓ Wrestling technique and training 3 x a week
- ✓ Competitive Tournament Travel Schedule
  - ✓ Injury Prevention
  - ✓ Performance Nutrition
  - ✓ Explosive Conditioning
- ✓ Competitive Practice Partners
- ✓ Guaranteed Improvement!

In order to guarantee the best training and practices possible, we are limiting the camp to **just 45 wrestlers**. Once all 45 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 prepared mentally and physically than every opponent you face, this is the team you want to be on.

**TEAM DETAILS:**

The practices will be offered on Mondays and Wednesdays from 6:30 to 8:30 pm at Arlington HS and on Wednesdays from 6:30 to 8:30 at Glacier Peak HS.

**PRACTICES BEGIN October 26.**

**COSTS:** \$75.00 one time membership fee

\$40.00 per month practice fee

\$110.00 for 2 singlets (required)

REGISTER AT: [www.sabotagesports.com](http://www.sabotagesports.com)

**QUESTIONS:** Call Coach Johnson at 425- 870-8279

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

