

Michigan Wrestling Club, LLC.

Sunday & Tuesday

September 1-November 20, 2006



Michigan Wrestling Room **Crisler Arena- 6:00PM- 7:30PM**

Wolverine Wrestling Club is committed to 5 key areas of development; Technique, Positioning, Hand Fighting, Mental & Physical Toughness, complimented with competitive strategy and Physical conditioning.

This club is for serious wrestlers who are committed to becoming the next State and National Champion.

There are no guarantees in life...

Hard work and commitment does not guarantee results. It provides us the opportunity to perform at optimal levels. I guarantee you will not succeed without them.

There is no Wrestling Club in the State of Michigan offering such a comprehensive training program. This program has been developed to work with individuals, teams, clubs and high school programs.

We offer three distinct sessions; Pre-season, geared toward physical conditioning and technique development with the goal to hit your stride by the time the High School season begins. We offer two sessions a week.

In Season; is geared toward technique, positioning, and competitive strategy. We offer one session a week to work in conjunction with your high school coach and program (optional 2X/ Week).

Summer/Freestyle; is geared toward freestyle technique, training and competitive strategy with the goal of hitting your stride by the time Freestyle Championships occur in late July.

One on one training; allows an individual to train and develop critical mental and physical toughness, while being mentored by the best coaching staff in the State of Michigan.

Contact: Jim Mason- 734.216.6459 or Joe McFarland 734.647.1223

jmason@cac.net

joemcfar@umich.edu

www.wolverinewrestlingclub.com

Clinicians:

Mike Kulczycki - M Assistant Coach

Andy Hrovat -2006 US World Team Member, M Wrestler

Ryan Churella - M wrestler

Greg Wagner - M wrestler

Joe McFarland -M Head Coach

Jim Mason - Jr. Wolverine Coach

Plus more M wrestlers and former M wrestlers