

# Included With Membership:

- USA Wrestling Card
- Reversible Singlet
- Shorts & Compression Shirt
- Tournament Entry Fees
- 2 Month Gym Membership
- Strength and Conditioning Training
- Mental Coaching w/ Dr. Tim Sigward
- Personalized Nutrition Plan
- Video Analysis



## Regulators Freestyle Greco Roman Club

Who? Any Wrestler interested in Freestyle AND Greco Roman Training!

When? April 1st-May 31 4 days a week varying

Where? Middletown Tennis & Sports 800 2nd Ave Middletown, OH 45044

Times? Grades 7-12 5 PM 6:30 PM K-8 7 PM 8:30 PM

Cost? \$220.00 ( \$10.00 Drop in fee)


Parent Meeting? Thursday March 21 7 PM


*FreeStyle*  
SESSION



*Freestyle/Greco-Roman*  
*Strength Training*

 [regulatorswrestlingclub.com](http://regulatorswrestlingclub.com)

 513-813-7351

 @RegulatorsC

Zach Greenlee Takedown Offense Specialist Assistant Coach Bishop Fenwick  
 Zach Short Counter Offense Specialist Head Coach Dayton Christian  
 Jake Fedders Par Terre Specialist Assistant Coach Bishop Fenwick  
 Adam Coffey Greco Roman Specialist Head Coach Bishop Fenwick  
 More to be Announced!!!

Coaches Will attend ALL Scheduled Events

# Training Schedule

Day	Month	Date	Year	Event/Link for Fever!	Location	Time	Age
Monday	April	1st	2019	#CentralRegional	Ohio Northern University 525 S Main St, Ada, OH 45810	6:50 AM	8U, 10U, 12U, 14U, 16U, Jr.
Tuesday	April	2nd	2019	Private Small Group By Appointment		4:00 PM	
Wednesday	April	3rd	2019	Private Small Group By Appointment		4:00 PM	
Thursday	April	4th	2019	Private Small Group By Appointment		4:00 PM	
Friday	April	5th	2019	Private Small Group By Appointment		4:00 PM	
Saturday	April	6th	2019	Private Small Group By Appointment		4:00 PM	
Sunday	April	7th	2019	Private Small Group By Appointment		4:00 PM	
Monday	April	8th	2019	Private Small Group By Appointment		4:00 PM	
Tuesday	April	9th	2019	Private Small Group By Appointment		4:00 PM	
Wednesday	April	10th	2019	Private Small Group By Appointment		4:00 PM	
Thursday	April	11th	2019	Private Small Group By Appointment		4:00 PM	
Friday	April	12th	2019	Private Small Group By Appointment		4:00 PM	
Saturday	April	13th	2019	Private Small Group By Appointment		4:00 PM	
Sunday	April	14th	2019	Private Small Group By Appointment		4:00 PM	
Monday	April	15th	2019	Private Small Group By Appointment		4:00 PM	
Tuesday	April	16th	2019	Private Small Group By Appointment		4:00 PM	
Wednesday	April	17th	2019	Private Small Group By Appointment		4:00 PM	
Thursday	April	18th	2019	Private Small Group By Appointment		4:00 PM	
Friday	April	19th	2019	Private Small Group By Appointment		4:00 PM	
Saturday	April	20th	2019	Private Small Group By Appointment		4:00 PM	
Sunday	April	21st	2019	Private Small Group By Appointment		4:00 PM	
Monday	April	22nd	2019	Private Small Group By Appointment		4:00 PM	
Tuesday	April	23rd	2019	Private Small Group By Appointment		4:00 PM	
Wednesday	April	24th	2019	Private Small Group By Appointment		4:00 PM	
Thursday	April	25th	2019	Private Small Group By Appointment		4:00 PM	
Friday	April	26th	2019	Private Small Group By Appointment		4:00 PM	
Saturday	April	27th	2019	Private Small Group By Appointment		4:00 PM	
Sunday	April	28th	2019	Private Small Group By Appointment		4:00 PM	
Monday	April	29th	2019	Private Small Group By Appointment		4:00 PM	
Tuesday	April	30th	2019	Private Small Group By Appointment		4:00 PM	
Wednesday	May	1st	2019	Private Small Group By Appointment		4:00 PM	
Thursday	May	2nd	2019	Private Small Group By Appointment		4:00 PM	
Friday	May	3rd	2019	Private Small Group By Appointment		4:00 PM	
Saturday	May	4th	2019	Private Small Group By Appointment		4:00 PM	
Sunday	May	5th	2019	Private Small Group By Appointment		4:00 PM	
Monday	May	6th	2019	Private Small Group By Appointment		4:00 PM	
Tuesday	May	7th	2019	Private Small Group By Appointment		4:00 PM	
Wednesday	May	8th	2019	Private Small Group By Appointment		4:00 PM	
Thursday	May	9th	2019	Private Small Group By Appointment		4:00 PM	
Friday	May	10th	2019	Private Small Group By Appointment		4:00 PM	
Saturday	May	11th	2019	Private Small Group By Appointment		4:00 PM	
Sunday	May	12th	2019	Private Small Group By Appointment		4:00 PM	
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Thursday	May	16th	2019	Private Small Group By Appointment		4:00 PM	
Friday	May	17th	2019	Private Small Group By Appointment		4:00 PM	
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Sunday	May	26th	2019	Private Small Group By Appointment		4:00 PM	

400PM-600PM-Private/Small Group (By Appointment)  
 600PM-730PM-Grades 7-12  
 730PM-830PM-Grades K-6  
 830PM-930PM-Private/Small Group (By Appointment)  
 Private/Small Group Charge to Club Members

# SCHEDULE OF EVENTS

Day Month Date Year Event/Link for Fever!

Location Time Age

Sunday	April	14th	2019	#WrestleAgainstAutism	Ohio Northern University Campus Fitness & Recreation 180 Center Street, Westerville, Ohio 43081	6:20 AM	6U, 8U, 11U, 14U, 18U
Saturday	April	27th	2019	#OhioTournamentofChampions	Ohio Expo Center & State Fair, 717 E 17th Ave, Columbus, OH 43211	7:50 AM	8U, 10U, 12U, 14U, 16U, Jr.
Saturday	May	4th	2019	#CarrollStateQualifier	Carroll High School, 4524 Linden Ave, Dayton, OH 45432	7:10 AM	8U, 10U, 12U, 14U, 16U, Jr.
Saturday	May	11th	2019	#ElyriaStateQualifier/KidsState	Elyria High School 601 Middle Ave, Elyria, OH 44035	6:50 AM	8U, 10U, 12U, 14U, 16U, Jr.
Saturday	May	18th	2019	#USA-OHStateChampionship	Marysville High School 800 Amrine Mill Rd Marysville, 43040	6:50 AM	16U, Jr.
Sunday	May	19th	2019	#USA-OHStateChampionship	Marysville High School 800 Amrine Mill Rd Marysville, 43040	8:50 AM	16U, Jr.
Friday	May	24th	2019	#CentralRegional	Ohio Northern University 525 S Main St, Ada, OH 45810	6:50 AM	8U, 10U, 12U, 14U, 16U, Jr.
Saturday	May	25th	2019	#CentralRegional	Ohio Northern University 525 S Main St, Ada, OH 45810	6:50 AM	8U, 10U, 12U, 14U, 16U, Jr.
Sunday	May	26th	2019	#CentralRegional	Ohio Northern University 525 S Main St, Ada, OH 45810	6:50 AM	8U, 10U, 12U, 14U, 16U, Jr.

