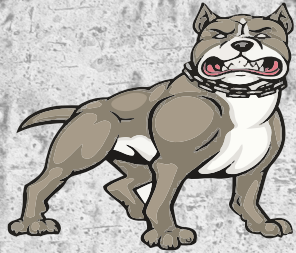


POWERSTATION



WRESTLING CLUB

WHO: Wrestlers interested in Freestyle & Greco Roman

WHERE: Powerstation Gym & Sports Conditioning
4343 S. Dixie Highway
Franklin, OH 45005
513.425.8100
www.powerstationgym.com

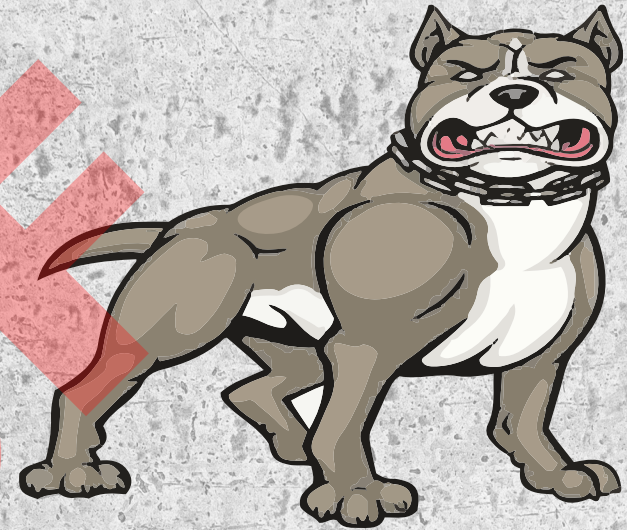
WHEN: April through May

DAYS: Monday, Tuesday, Wednesday and Thursday

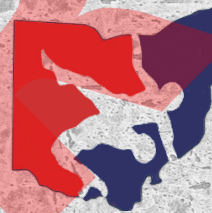
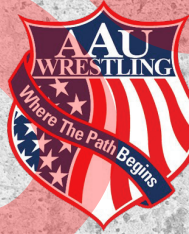
TIMES:	Grades 7-12	5-7PM	Tu&Th
	Grades K-6	7-8:30PM	M&W
	Adults	7-8:30PM	

COST: \$220 (\$10 fee reduction)

CONTACT: Adam Coffey
513.919.7538
powerwrestlingclub@gmail.com



POWERSTATION WRESTLING CLUB



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POWERSTATION WRESTLING CLUB PHILOSOPHY

Our goal is to offer the same training environment your wrestler receives in the winter season. In other words, a holistic approach to TEAM-oriented training. Our coaches will strive to know each and every wrestler in the room and their parents. We will focus on a broad, yet systematic, curriculum of instruction. Our program offers strength training and mental readiness. Our experienced coaches help your athlete excel at practice and in tournaments.

Each session will cover the 4 phases:

- Takedown
- Counter
- Par Terre
- Greco-Roman Specific

We will do so using the following methods:

- Block Drilling
- Random Drilling
- Play Wrestling
- Sparring
- Scrimmaging

For more information, please contact:

Adam Coffey
513.919.7538
powerwrestlingclub@gmail.com



POWERSTATION WRESTLING CLUB FULL MEMBERSHIP

Full Membership includes daily instruction in the following areas:

- Takedown Technique
- Counter Technique
- Par Terre Technique
- Greco-Roman Technique

You will also receive the following:

- USA Wrestling Card
- Reversible Singlet
- Shorts & Compression Shirt
- 2 Month Gym Membership
- Strength & Conditioning Training
- Mental Coaching with Tim Sigward
- Personalized Nutrition Plan
- Video Analysis



Individual Personal Training

Our personal trainers have over sixty years experience in helping people reach their goals. Once you choose a trainer, you set times and days you want to meet with your trainer and together establish your goals. The more you commit the more you save.

Individual Weight Gain or Loss

Nutrition can be a huge factor in gaining muscle mass, losing unwanted inches and fat, increasing energy and more. We can help achieve your health goals by customizing a healthy eating plan and tracking your progress. By letting us safely create a plan for what and when you eat, and tracking how your body responds, you can achieve your health goals faster and healthier.

Additional Offerings Include:

- Advanced & Pro Body Building
- Fitness Classes
- Corrective Exercise
- Racquetball
- Fresh Smoothie Bar
- Locker Rental

