



Eastview Lightning Wrestling Sessions

3rd – 8th Grade Wrestlers

Pre-Season Training goals are to:

- ◆ Free... If you do Traveling Session #1.
- ◆ Develop Sound Wrestling Techniques
- ◆ Emphasis on Skill Development
- ◆ Live Wrestling & Conditioning
- ◆ Preparation for the upcoming season.
- ◆ Build Eastview Wrestling Pride!

Traveling Session #1 will include:

- ◆ Quality & Experienced Coaching Staff
- ◆ Competitive Tournament Schedule
- ◆ Eastview Youth Tourney – Sat, Dec. 3rd
- ◆ Intensity Training & Conditioning
- ◆ Compliments EVAA & Middle School

Pre-Season Training (Only)	\$20
**Traveling Session #1	\$45
**Includes Pre-Season Training	

Registering on-line will be available soon.

Pre-Season Training

Sunday, October 16th 5:00-6:15 pm
 Sunday, October 23rd 5:00-6:15 pm
 Sunday, October 30th 5:00-6:15 pm
 Sunday, November 6th 5:00-6:15 pm

Traveling Session #1

Wednesday, November 9th 7:15-8:30 pm
 Tuesday, November 15th 7:15-8:30 pm
 Tuesday, November 22nd 7:15-8:30 pm
 Tuesday, November 29th 7:15-8:30 pm
 Tuesday, December 6th 7:15-8:30 pm
 Tuesday, December 13th 7:15-8:30 pm

Place: EVHS Wrestling Room

Questions: Kurt Habeck
kurt.habeck@district196.org
 Cory Wagner
evaacoachwagner@gmail.com

“Prepare to become a Champion!”

Please Detach Here

<p>_____ Pre-Season (only) \$20</p> <p>Name _____</p> <p>Address: _____</p> <p>Parent Names: _____</p> <p>E-Mail: _____</p> <p>Home Phone # _____</p>	<p>_____ Traveling Session #1 \$45</p> <p>Grade '11-'12 _____ Weight _____</p> <p>City _____ St _____ Zip _____</p>
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Please make check payable to *Eastview Wrestling* & deliver to:

Kurt Habeck - Wrestling Sessions
 c/o Eastview High School
 6200 140th St. West , Apple Valley, MN 55124-6912