

NORTHERN ILLINOIS ELITE

FREESTYLE TECHNIQUE AND TRAINING SESSIONS

**TRAINING PROVIDED BY NIU WRESTLING COACHES AND WRESTLERS
"SUMMER WRESTLING MAKES WINTER CHAMPIONS"**

MISSION:

TO PROVIDE TECHNIQUE AND TRAINING SESSIONS FOCUSING ON FREESTYLE. WRESTLING SESSIONS WILL INCLUDE COLLEGE LEVEL TECHNIQUES, STRUCTURED DRILLING, COMPETITIVE LIVE WRESTLING AND CONDITIONING. WRESTLERS WILL HAVE THE OPPORTUNITY TO COMPETE AT LOCAL, IN-STATE, AND NATIONAL TOURNAMENTS AND DUAL MEET SITUATIONS AS A TEAM. IMPROVE YOUR WRESTLING SKILLS WITH TECHNIQUES AND STRATEGIES PROVEN TO WORK AT WRESTLING'S HIGHEST LEVEL. COME AND FULFILL YOUR GOALS WITH **NORTHERN ILLINOIS ELITE**

PROGRAM HIGHLIGHTS:

- COLLEGE-LEVEL TECHNIQUES
- PROPER DRILLING INSTRUCTION
- LIVE WRESTLING AND CONDITIONING
- MATCH STRATEGY AND PREPARATION
- MOTIVATION FROM SUCCESSFUL COACHES AND ATHLETES

TRAINING SITE:

PLACE: NIU WRESTLING ROOM IN HUSKIE STADIUM (WEST SIDE)

DATES: MONDAY'S AND WEDNESDAY'S MARCH 31 THRU MAY 21

TIMES: MONDAY AND WEDNESDAY 6:00-7:30 PM

WHO: OPEN TO WRESTLERS 3RD GRADE AND ABOVE

COST: 16 SESSIONS / (CLUB T-SHIRT INCLUDED)

ALL AND ANY INDIVIDUAL ARE WELCOMED . INDIVIDUAL RATES IS \$175.
GROUP RATES APPLY TO TEAMS AND CLUBS

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| GROUP RATES: | 1-9 WRESTLERS | \$175 PER WRESTLER |
| | 10-19 | \$150 PER WRESTLER |
| | 20-29 | \$115 PER WRESTLER |
| | 30 OR MORE | \$100 PER WRESTLER |

*SPACE IS LIMITED. PRE-REGISTER EARLY.

*ALL WRESTLERS MUST HAVE A CURRENT USA WRESTLING CARD. CARD MAY BE PURCHASED FOR \$35.00

FOR MORE INFORMATION PLEASE VISIT

WWW.NORTHERNILLINOISELITE.COM

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