



“Teaching Kids Character Through Sport” - Derby Wrestling Club, Est. 1969



Derby Wrestling Club Summer Wrestling Program

DWC will be holding a summer wrestling program designed to increase our wrestlers technical wrestling abilities and set our athletes up to go into the next wrestling season better prepared to make the next steps in reaching their individual wrestling goals. This program will be focused on building upon the technique and system taught through-out the wrestling season through high levels of repetition drilling and the introduction of new technique designed by your DWC coaching staff.

When: June and July 2019 (8 weeks)

Tuesday and Thursday - We will start June 4th, 2019 through July 25th, 2019. Practices will be held at the The PowerHouse located at 302 N. Georgie Ave in Derby. No practice on Thursday July 4th.

- Intermediate wrestlers: 9:30am to 11:30am
- Advanced wrestlers: 9:30am to 11:30am and 12:00pm to 1:30pm (30 minute lunch break in between sessions – wrestlers are asked to bring a sack lunch)

The Advanced wrestling session will only be available for wrestlers that are going to be in 5th grade or older.

We will hold bi-monthly team building events outside of the above practice times with more information on these events and timing to be provided at a later date.

The summer wrestling program will be ran by Derby High School Assistant Wrestling Coach Kelly Heincker. Kelly will also have 2 or 3 DHS wrestlers helping him at each practice.

Cost:

Intermediate - \$115 per individual

Advanced - \$185 per individual

Sign-up and payment information will be available on derbywrestlingclub.org.

All wrestlers MUST have a USA wrestling card. Prices do not include a USA wrestling card.

If you have any questions please contact

Brent Renberger: 316.761.6829 (brent@gatewaywireless.net)

Kelly Heincker: 316-304-9940