



MWC Wrestling Academy

Pre-Season Wrestling 2020

Pre-Season = Turning on the Mechanisms

Pre-Season Wrestling is meant to turn on the brain and body after your time off from the mat. Many kids are playing summer sports and have not been practicing their wrestling. This short, but all important season will prepare you for the start of the Folkstyle Wrestling season. We will not over-work physically or mentally but give the right amount of challenge to get the brain and body moving together again. Wrestling is a timing sport and Preseason Wrestling will get the clock back in sync and give your wrestler a head start going into the season! – Coach Zac Dominguez

Gold Room – High School

- **Coaches discretion to move inexperienced wrestlers to Silver Room**
- Season runs from Tuesday August 25th through Saturday November 7th
- First Practice is Tuesday August 25th at 5:00 pm. **(Sign up before using link below)**
- Cost is \$350 for all days or \$175 for just Saturday. \$25 off for each additional sibling wrestler
- Practice Schedule:
 - Tuesday 5:00 pm – 6:30 pm
 - Thursday 5:00 pm – 6:30 pm
 - Saturday 11:00 am – 12:30 pm

Silver Room – Elementary/Middle School K-8th:

- **Coaches discretion to move more experienced wrestlers to Gold Room**
- Season runs from Tuesday August 25th through Saturday November 7th.
- First Practice is Tuesday August 25th at 6:45 pm. **(Sign up before using link below)**
- Cost is \$300 for all days or \$125 for just Saturday. \$25 off for each additional sibling wrestler
- Practice Schedule:
 - Tuesday 6:45 pm – 8:00 pm
 - Thursday 6:45 pm – 8:00 pm
 - Saturday 9:00 am – 10:30 am

❖ All practice sessions are held at the MWC Wrestling Academy Training Facility:

302 East Cary St. Papillion, NE 68046

❖ Registration link: <https://mwcwrestlingacademy.sportngin.com/register/form/054694520>

For more information or questions please contact Zac Dominguez: (402)639-4507 or matside63@gmail.com