



OVERTIME
SCHOOL OF WRESTLING

NAPERVILLE . CRYSTAL LAKE

2009-2010 IN-SEASON HIGH SCHOOL SCHEDULE

Sundays 5:00-6:30pm
December 6, 2009 – February 14, 2010

Cost: The cost for Sunday class will be \$10.00 on entry and sign-in.

In-Season: Training for the In-Season is available only to students that are enrolled in programs for the current year and have a valid USA Wrestling card. No guests will be permitted to participate. Private lesson classes for the In-Season will be held on Sundays. Given the busy schedule of the high school wrestling season, these sessions will be on a walk-in basis. The agenda for every Sunday private lesson class will include: trouble-shooting, technique, drilling, and maintaining motivation, as well as optional hard wrestling and/or conditioning. Students will focus on the area(s) of their choice on a week-by-week basis with the assistance of OVERTIME staff. These Sunday private lesson classes are optimal for maintaining proper technical details and reinforcing good positioning from the Overtime staff.

Please note that IHSA guidelines will be enforced throughout the In-Season, which limits attendance of students from the same high school to two students per high school for each private lesson class. If more than two students from the same high school regularly attend OVERTIME and plan to participate, it is the students' responsibility to communicate among them and determine which two students will be attending each Sunday.

ALL STUDENTS MUST HAVE A VALID USAW CARD