



OVERTIME
SCHOOL OF WRESTLING

NAPERVILLE . CRYSTAL LAKE

2009-2010 IN-SEASON KIDS SCHEDULE

Mondays 5:00-7:00pm
December 7, 2008 – February 22, 2009

Cost: The In-Season program is now included in your yearly tuition.

In-Season: Training for the In-Season is available only to students that are enrolled in programs for the current year. No guests will be permitted to participate. The agenda for every Monday workout will be as follows: trouble-shooting, technique, drilling, and maintaining motivation, as well as hard wrestling and/or conditioning with great partners. These Monday night classes are optimal for maintaining proper technical details and reinforcing good positioning from the Overtime staff.

ALL STUDENTS MUST HAVE A VALID USAW CARD