



OFFSEASON STRENGTH + CONDITIONING

Strength and conditioning are an important part of any athlete's development, and that doesn't stop once the season ends. This off-season program aims to provide young athletes from all sports, ages 6-18, with focused sessions around cardio and body-weight strength training; including core, plyometric and agility exercises. Drills can be scaled for individuals/age groups, to promote smaller group activities while reinforcing a competitive and challenging approach that pushes each kid to work hard and find their physical and mental strength.

Champions are made in the offseason...

Program Information

Where	Maple Grove Senior High Practice Fields
Who	Ages 6-12 Ages 13-18
When	Sunday Evenings June 20 - August 8 (except June 27 and July 4)
Time	6pm - 7pm
Fee	\$30
Registration	www.MGWrestlingClub.com <i>* Participants must sign the COVID-19 Waiver</i>

Question Contact Michael Kisch
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This program is promoted in coordination with the Maple Grove Wrestling Club. If you are interested in learning more, visit:

www.MGWrestlingClub.com

or follow us at



Maple Grove Wrestling Club



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