



Eastview Lightning Pre-Season Training

6th – 12th Grade Wrestlers

MAKE A COMMITMENT...

If you want to be the “BEST” that you can be, you must make a Total Commitment to Excellence!

Pre-Season Wrestling goals:

- ◆ Make a Commitment to Team 2024
- ◆ Develop an Aggressive Style of Wrestling
- ◆ Have a Competitive Structured Environment
- ◆ Prepare for the Upcoming Wrestling Season
- ◆ Build Eastview Pride & Team Unity

Pre-Season Wrestling Sessions will include:

- ◆ (8+) Coach Led Training Sessions
- ◆ *EV Alumni & Collegiate Wrestlers will lead.*
- ◆ Complements EVHS WT Training (Super Group)
- ◆ Low Cost of \$30.00 — Checks payable to Eastview Wrestling.

Training Sessions

Sunday, Oct. 15 th	6:15 – 7:30 pm
Tuesday, Oct. 17th	6:15 – 7:30 pm
Sunday, Oct. 23 rd	6:15 – 7:30 pm
Week of Oct. 23 Youth Clinics @ Elementary Schools	
Sunday, Oct. 29 th	6:15 – 7:30 pm
Thursday, Nov. 2nd	6:15 – 7:30 pm
Sunday, Nov. 5 th	6:15 – 7:30 pm
Wednesday, Nov. 8th	6:15 – 7:30 pm
Week of Nov. 13th	Captains Practices

Place: Eastview HS Wrestling Room

Cost: \$30 Checks payable to Eastview Wrestling.

Questions: Travis Lee

Travis.lee@district196.org

INTO THE STORM!

Please detach and bring to 1st session.

Name _____ Grade '23-'24 _____ Weight _____

Address: _____ City _____ Zip _____

Parent Names: _____

Parent E-Mail: _____

Wrestler Cell # _____