

FORCE WRESTLING

Offseason Wrestling Freestyle & Greco

The Force offseason programs will begin
Monday, March 21st thru Tuesday, June 1st

GRECO

Featuring instruction by

Rob Porter

Head Coach Naperville Central

Guest Greco instructor

John Paun

2X University Nationals Runner Up
Former Illinois National Team Coach
Former USOEC Team Member

Mondays and Wednesdays

6:00 to 7:45pm

FREESTYLE

Featuring instruction by

Vladimir Anoshenko

Former Russian National Champ

Tuesdays and Thursdays

6:00 to 7:45pm

Sunday

Mat time
to be determined

There will be additional quality guest instructors on-hand throughout the offseason to assist during these sessions. *These program are geared for established IKWF wrestlers and High School wrestlers.*

The cost is \$150 for Greco and \$150 for Freestyle. If a wrestler chooses both Freestyle and Greco then the cost is \$250. *USA wrestling card is required.*

We will also offer Folkstyle wrestling on Tuesday and Thursday nights from 6:30-8:30pm for grades 3rd thru 8th. The cost is \$100 for Folkstyle.

FORCE TRAINING CENTER

811 Center Street
Plainfield, IL 60544

Contact Joe Arquilla for details at jarquilla@yahoo.com or (815) 582-0234
www.ForceWrestling.com