



## CMS: Pre-season Wrestling Open Mat Sessions



Join Us For a Few Informative Pre-Season Training Sessions!

**Dates (x4):** 11/28, 11/30, 12/5, 12/7

**Time:** 4:00-5:30 pm

**Location:** Carroll Middle School Wrestling Room

What to Expect:

- Technique Time: Learn and improve your wrestling skills. Learn the basics if you're a newcomer.
- Live Wrestling: Test your skills in friendly matches & start to get in shape for the upcoming season.
- Light Conditioning: Break off the rust & start to get in top shape for the season.

Who Can Attend:

- Wrestlers: 6th, 7th, & 8th graders only
- You only need to have a physical on file with Carroll Middle School through Final Forms in order to attend.

Bring Your Gear:

- Wrestling shoes
- Headgear
- Mouthguard
- Water bottle

Coach Lee Contact:

- Email: [logan.lee@nacs.k12.in.us](mailto:logan.lee@nacs.k12.in.us)



**Don't Miss This Opportunity to Improve Your Skills & Have Fun!**

