



VICTORY SCHOOL OF WRESTLING



A Training Special is a short, intense opportunity to test your physical limits and maximize your time at Victory School of Wrestling.

The Training Specials begin with a regularly scheduled practice within the Victory Post Season Training Program. Following practice, athletes take part in a variety of activities and training techniques that are designed to develop athletes' body, mind and soul. Athletes then spend the night at Victory School of Wrestling, immersing themselves fully in an elite training environment before waking early the next morning for more intense training.

- 6:00-7:00pm—Check-in
- 7:00-8:30pm—Regularly scheduled practiced
- 8:30-9:00pm—Additional wrestling/conditioning
- 9:00-10:00pm—Shower, break
- 10:00-10:30pm—Mental toughness activity
- 10:30pm-12:00am—Movie
- 12:00-6:00am—Lights out
- 6:00-7:00am—Conditioning
- 7:00-8:30am—*Breakfast at the Roundtable*
- 8:30-9:00am—Individual reflection
- 9:00-10:30am—Wrestling practice

JUNE 8-9
JUNE 22-23
JULY 13-14



\$40 each

USA Cards Required

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