



Folkstyle
Freestyle
Greco-Roman



POST SEASON TRAINING PROGRAM MARCH 7 - JULY 15, 2010

**PRACTICE TIMES ARE 7:00-8:30PM ON SUNDAY, TUESDAY AND THURSDAY THROUGH MAY 9TH,
TIMES WILL VARY THROUGHOUT THE SPRING & SUMMER. PLEASE CHECK CALENDAR ONLINE.**



High Level Technique

Spring & Summer Periodized Training Schedule

**VICTORY SCHOOL OF WRESTLING :: PO BOX 804 :: RIVER FALLS, WI 54022 :: 715.441.2980
KEVIN@VICTORYSCHOOLOFWRESTLING.COM :: VICTORYSCHOOLOFWRESTLING.COM**