



2012 HIGH SCHOOL

POST SEASON TRAINING PROGRAM

2012 Practice Dates

Highlighted in yellow

March						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Practice days and times may change on very short notice.

MARCH 4 - JULY 12



The **2012 High School Post Season Training Program** provides athletes with the opportunity to train at the highest level for nearly 5 months in anticipation of reaching their competitive goals. The program offers 58 uniquely developed practices to help athletes become the **Total Athlete**—body, mind and soul.

Athletes will participate in a variety of practice activities and plans that include structured drilling, technique development, live combat, strength training, mental skills, and much more!

In addition to the **58 practices** offered during the Post Season Training Program, participation in many other opportunities is included. Opportunities such as weekend Training Specials, an invitation to the prestigious “Exclusive” Training Camp, individual analysis, strength and conditioning programs, competitions held at Victory and access to the Victory Training Center. All are part of this complete and comprehensive program.

The Post Season Training Program is the best “bang for your buck” if you’re considering **summer opportunities**. The entire program, March-July, is **\$675**. Individual practices (\$25 each) and one-on-one sessions (\$35 each) are also available.

Enrollment forms are available online (www.victoryschoolofwrestling.com) or at the door during registration. **Contact Kevin Black at (715) 441-2980 or Kevin@victoryschoolofwrestling.com** with questions.