



Middle School

IN SEASON TRAINING PROGRAM

January 10 - March 28, 2012

The Middle School In Season Training Program is open to athletes in grades 5-8 interested in getting additional training during the competition youth and middle school competition season. A strategic and comprehensive plan is created to help athletes master the *skill develop stage* from the **Victory School of Wrestling Training Model** appropriate to their age. Members of the program will be joined in practice by a large number of athletes through the Regional Warm-Up beginning in February.

Registration forms are available online at VictorySchoolofWrestling.com or on site. Pre-registration is not required. All participants must be current members of USA Wrestling (USAW membership cards are available at themat.com).



Victory School of Wrestling aims to build championship wrestlers with championship character, tremendous work ethic, high morality and integrity.

JANUARY						
S	M	T	W	T	F	S
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				

FEBRUARY						
S	M	T	W	T	F	S
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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			

MARCH						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Practice times are 6:00-7:30 in January and 7:00-8:30 in February and March.

Victory School of wrestling
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