

# 2024 Fall Champion's Training

Alpha Wrestling Academy Pre-Season

**September 3<sup>rd</sup> thru October 24<sup>th</sup>**

The pre-season training program used by the coaching staff at Alpha Academy has prepared numerous Champions for the rigors of battle.

The Champion Training will teach:

- ✓ Proper Nutrition
- ✓ High level Technique
- ✓ Mental Preparedness for matches and practice.
- ✓ Goal Setting

**Days: Tuesdays, Thursdays & Sundays Time: 6pm – 7:30**

**Cost:** (must have a current 2025 USAW card) [click here to purchase your new 2025 USAW card](#)

- **Full Program:**  
\$65/wrestler
- **Family & Team Discounts (Full Program Only):**  
*Please call or email the contact info below for details.*
- **Fall Athlete Special** – *Sundays Only* - \$35

**On-Line Registration:** [Click here or scan QR code to complete and submit form](#)



**Practice site address:**

**Rockford East HS - 2929 Charles Street - Rockford, Illinois**

***(use door FH3 behind the school across from FB field)***

Questions?? Call 815-703-5780 or email [alphawrestlingacademy@gmail.com](mailto:alphawrestlingacademy@gmail.com)

*Follow us on Facebook: [Alpha Wrestling Academy](#) & on Twitter: [@AlphaWeAreOne](#)*