



SouthWest Iowa Freestyle/ Greco Training

Locations: **Underwood High School - Underwood, IA- Mondays**

Thomas Jefferson HS Council Bluffs, IA - Wednesdays

Cost: \$75 for the season, must have an USA card. \$20 drop-ins

Sessions: Feb 25th through June. Mondays @ Underwood, Wednesdays @ CBTJ

6:00 – 6:50pm 3- years' experience or less of freestyle

7:00- 8:15pm- 3+ more years of freestyle/ Greco experience **(must compete)**

Cannot attend both practices due to amount of space available.

Sign- Ups: 5:45-6:00pm Feb 25th @ Underwood, and 5:45- 6:00pm Feb 27th at TJ

NOTE: SWIFT Practices will run for 12 weeks and will include intense drilling, live wrestling and conditioning. Training sessions will be geared towards the appropriate upcoming events including some folk-style, but mostly free-style, and greco-roman. Our goal will be to take a large group to USA State (May 4/5), USA freestyle/ Greco regionals, Cadet World Team Trials, Northern Plains, and Fargo

Bonus Training: There will be extra training days and times available throughout the Summer. These sessions may take place during the day, depending on availability of the practice facilities.

Coaches:

Jake Head- Head Coach of Head Wrestling Academy/ Silver Level Instructor

Adam Manz – Asst Coach CBTJ, 3X NAIA National Qualifier

August Manz- Head Coach Thomas Jefferson HS & Cobra Wrestling Club, Bronze Level Instructor

Jeff Ziegler- USA Wrestling Iowa Kids Director, Bronze Level Instructor

Joe Stephens- Head Coach Underwood HS, Former Nebraska and UNI Wrestler

*Other Coaches and clinicians from the area will make appearances throughout the season.

For more information please visit www.cbcbrowrestling.org or email headwrestling@gmail.com, or kidsdirectorusaia@gmail.com Be sure to follow SWIFT on Twitter and Facebook