

PRECISION WRESTLING CLUB

PRECISION'S MISSION

Precision Wrestling provides a competitive Fall/Spring club based out of Virginia's central region. Precision is open to all serious wrestlers who have a desire to train and prepare for success at the highest level. The club will place heavy emphasis on the development of both mental and physical toughness.

Typical practices will include a combination of the following:

1) Detailed technical instruction 2) Structured drilling 3) Wrestling specific strength and conditioning 4) Live wrestling.

PRACTICE TIMES

Tuesday and Thursday evenings (6:15-8:15).
First practice is Tuesday September 1st.

WHERE

Collegiate School wrestling room. Located on second floor of the main athletic center.

OTHER INFO

The charge is \$150 for the fall session.
All wrestlers need to provide a copy of their USA Wrestling Card.

COACHES

Andy Stone:
(Collegiate head coach)
Steve Sica:
(Collegiate assistant coach)

If interested or are looking for more information please email either Andy Stone or Steve Sica.

Andy Stone: astone@collegiate-va.org

Steve Sica: steve.sica@gmail.com