



**THE MARK OF CHAMPIONS**

**2011-12' IN-SEASON TRAINING**

**BEGINNER/INTERMEDIATE**

Tue/Thu  
 0-3 years experience  
 typically 100lbs and under  
 accept all ages/weights  
 novice wrestlers

**ADVANCED-ELEM/MIDDLE**

Sun/Mon/Wed/Thu  
 4-7 years experience  
 junior league wrestlers  
 supplemental training  
 state champs/placers

**ELITE-HIGH SCHOOL**

Sun/Wed  
 3+ years experience  
 Varsity/JV wrestlers  
 state champs/placers  
 all-americans

**PRIVATE LESSONS**

60 minutes for \$75  
 90 minutes for \$100  
 packages:  
 5x60 minutes for \$250  
 5x90 minutes for \$350

**FROM NOVEMBER 6, 2011 TO FEBRUARY 26, 2012**

**IN SEASON TRAINING BENEFITS**

Having great workout partners is just one key to becoming a successful wrestler, but you must also have a specific training regimen that is going to challenge and correct specific areas prior to your championships.

In Season training provides just the right mix of training, partners, and expertise coaching to help guide you towards your goals, whether you're in high school, junior league, or a novice wrestler.

Don't get taken down when it counts the most!



**PRACTICE TIMES**

**Beginner/Intermediate**  
 Tue-6-7:30pm  
 Thu-6:45-8:15pm

**Advanced-Elem/Middle**  
 Sun-5pm-6:30pm  
 Mon-6:45-8:15pm  
 Wed-7:30-9pm  
 Thu-6:45pm-8:15pm

**Elite-High School**  
 Sun-5pm-6:30pm  
 Wed-7:30-9pm

**Freestyle/Greco**  
**FREE FOR ALL!**  
 Wed-6:30-7:30pm

Single practice-\$20  
 2010 MD National Team-\$10

**IMPORTANT**

2011-12 USA WRESTLING CARDS REQUIRED  
 May purchase online for \$35 or with us for \$30  
 VALID FOR A YEAR, GREAT BENEFITS!  
 Must sign and understand:  
 Club Rules  
 Waivers/Releases



[www.kolatwrestlingclub.com](http://www.kolatwrestlingclub.com)

**CLUB DUES**

\$75/month-1 practice per week  
 \$100/month-2 practices per week  
 \$120/month-unlimited practices per week  
 \*\*club members receive valuable discounts\*\*  
 \*camps, clinics, special clinicians\*  
 payable to "Superior Performance"

**ALL PRACTICES HELD AT**

Kolat Training Center  
 536 Cranbrook Road  
 Cockeysville, MD 21030  
 410-499-1610  
[admin@kolatwrestlingclub.com](mailto:admin@kolatwrestlingclub.com)

ALWAYS CHECK CALENDAR  
 FOR ANY CHANGES

**SUNDAY CLINICS  
 &  
 COMBAT CONDITIONING  
 COMING SOON!**

**DISCOUNTS**

Cash 10% off  
 Brothers 15% off  
 All 4 months up front 25% off  
 Per Team Member with 5 or more 25% off  
**ONLY 1 DISCOUNT CAN BE APPLIED**