

Coppell Wrestling

Spring Training League

Where: Coppell Wrestling Room

**When: Practice begins Wednesday, March 23rd.
Then practice is every Monday and Wednesday
evenings and Thursday afternoon.**

**For Monday and Wednesday, the Middle School
time is 6:00 – 7:30pm and the High School time is
6:30 - 8:00pm. The Thursday training is 4:00 –
5:30pm.**

**Monday is all levels Freestyle and live wrestling.
Wednesday is advanced level training. Thursday is
upper body skills and live wrestling for both styles.
Cost: \$100.00 for the entire session March 23rd to
May 22nd.**

Make checks payable to Coppell All-American.

**Freestyle and Greco-Roman Wrestling are the international styles of our
sport. This is the type of wrestling seen in the Olympics. Freestyle is very
similar to the high school style and Greco is all upper body. Saturday
competitions are available for an additional cost. These competitions are
encouraged but not required.**

**Coach Lowery, Coach TJ Hansen, and Coach Flores will lead the
instruction.**

SUMMER WRESTLING BUILDS WINTER CHAMPIONS!