ADULT WRESTLING PROGRAM

GEARED FOR MIXED MARTIAL ARTISTS & BJJ PRACTICIONERS

SPRING 2018

www.novawc.org

Purpose & curriculum focus: Our adult wrestling program is primarily geared towards BJJ practitioners, grapplers, and mixed martial artists looking to improve wrestling-specific skills. A strong emphasis will be placed on stand-up techniques and takedown techniques. Exercises and drills will be used to reinforce skill retention.

Coaching: Head coach Nate Marsh

Practices: One-session per week (Mondays 7:30-9PM)
Thursday, April 02 thru Monday, June 11 (12 sessions)

Registration steps: Register at www.novawc.org/join

Registration Fee: $150 ($15 walk-ins)
1st practice is free

- Receive $25 off registration fee for every referral who registers for the program (6 referrals = free program)
- Pay online or by check to *NOVA Wrestling Club*
- The registration fee is tax deductible. Federal Tax ID is 81-2439474

Eligibility: Adult males and females 18 and older; no previous wrestling experience is required.

Gear requirements: Wrestling shoes or bare feet, athletic wear (t-shirt, or rash guard, shorts or sweats), wrestling shoes preferred, mouth piece and wrestling ear guards optional

Requirements:

- Possess a USA wrestling card
- Register under "NOVA Wrestling Club"
- You can purchase the $15 card here

Gear: training gear can be purchased online at shop.doublelegninja.com/collections/nova-wrestling-club

Contact information: (E) novawrestlingclub@gmail.com (C) 910-200-6544