

MP WRESTLING

COMPOUND SPORTSWEAR
MCDONOUGH, GA 30253

YOUTH FUNDAMENTALS · WHERE IT STARTS

# YOUTH WRESTLING

**K – 6TH GRADE**

BOYS & GIRLS · ALL EXPERIENCE LEVELS

| $50 | 2 | NO |
|---|---|---|
| PER MONTH | CLASSES A WEEK | CONTRACTS |

## WHEN WE TRAIN

### MONDAY & THURSDAY
YOUTH FUNDAMENTALS

### 5:30 – 6:30 PM

Youth Fundamentals runs September 1 through the end of March.

## HOW TO START

**01** **Call or come by**
Call the club, or just show up a few minutes before a class.

**02** **Wear what you have**
Shorts, a t-shirt and clean shoes. We'll cover the rest.

**03** **Sign up month to month**
$50 a month, no contracts. Stop any time.

## WHERE

### COMPOUND SPORTSWEAR
912 Dailey Mill Road
McDonough, GA 30253

**WHEN THEY'RE READY**
Advanced Youth — ages 8 – 12, invitation only — trains four nights a week alongside the middle school and high school room. $75 / month.

## WHAT TO EXPECT

- A fun, high-energy room
- Open to boys and girls
- Basic technique and fundamentals
- Coaching from the CMP staff
- Discipline and hard work



QUESTIONS? CALL THE CLUB

## 1-866-267-5955

CMPTRAINED.COM | SUPPORT@CMPTRAINED.COM

SCAN TO JOIN

MP WRESTLING

COMPOUND SPORTSWEAR
MCDONOUGH, GA 30253

UNLIMITED TRAINING · YEAR-ROUND

# MIDDLE & HIGH SCHOOL

**GRADES 6 – 12** BOYS & GIRLS · ALL EXPERIENCE LEVELS

| $140 | 4 | FREE |
|---|---|---|
| PER MONTH | PRACTICES A WEEK | FIRST PRACTICE |

## WHEN WE TRAIN

**MON · WED · THU** PRACTICE — **6:30 – 8:00 PM**

**SUNDAY** PRACTICE — **4:00 – 6:00 PM**

Folkstyle, freestyle and Greco — every training cycle, all year.

**STARTING NOVEMBER 1**

MON · WED · THU PRACTICE MOVES TO

**7:00 – 8:30 PM**

Sunday practice stays 4:00 – 6:00 PM.

## WHERE

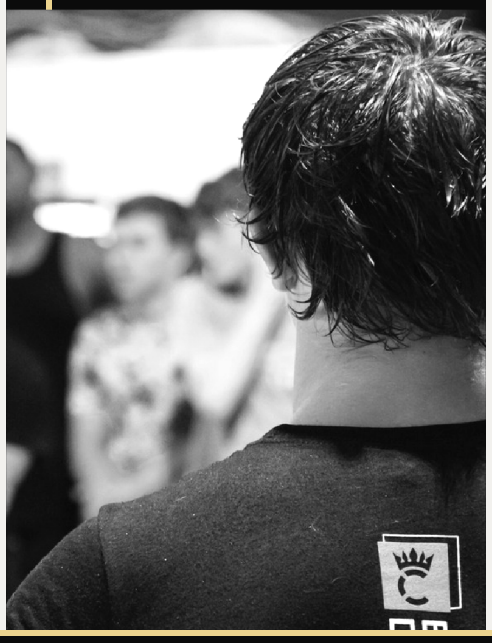
**COMPOUND SPORTSWEAR**
912 Dailey Mill Road
McDonough, GA 30253

**ALSO TRAINING WITH US**

Advanced Youth — ages 8 – 12, invitation only — trains in this room four nights a week. $75 / month.

## WHAT TO EXPECT

- Technique
- Drilling
- Live wrestling
- Mental toughness
- Preparation



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