

Lowell Wrestling  
2019 Off Season Training

### Freestyle and Greco

- Coach Strejc is running practices and organizing a schedule.
- Practice on Tuesday and Thursday after school at Cherry Creek
- Find schedule at [www.lowellwrestlingclub.com](http://www.lowellwrestlingclub.com) >High School

### Century Club

- Every Monday at 3 pm at Cherry Creek starting on **April 15**
- Very low intensity practice that focuses on repetitions of core techniques.

### ARES

- Link to Register, Flyer, and Table Help info is at [www.lowellwrestlingclub.com](http://www.lowellwrestlingclub.com) – High School
- Cost is \$250 if you already have a singlet or \$310 without
  - Select Table Work Payment if you do not have the money to pay all of the payment.
  - Working tables at select tournaments will be more than enough to cover your cost.

### St. Ignace Team Camp

- June 16-19
- Register at [www.boudrowrestling.com](http://www.boudrowrestling.com)
  - Cost is \$250
    - Payment – You can pay on the first day of camp with cash or check by selecting “mail in payment” when registering.
    - Pay with CC – Register at [www.boudrowrestling.com](http://www.boudrowrestling.com) Use Coupon Code: Lowell

### Lowell Camp

- July 15, 16, 17
- Youth and High School. Need varsity wrestlers to work the youth camp in the morning and then attend camp in evening.

### Weight Lifting

- Monday and Thursday's at 6:15 am at the High School starting on April 15<sup>th</sup>.
- Once a new football coach is hired this may change.