

Ubasa Wrestling Academy

Programs and Tuition

Contact: Pablo Ubasa 319-321-7674

www.ubasatrained.com

Johnston High School

Wrestling Room

Gable Red Flag Elite Program: October 2nd - AAU Kids State

Grade 3rd- 8th (Johnston High School Wrestling Room)

In-Season: October 2nd – AAU Kids State (Sundays 5:00-6:30pm, Wednesdays 7:00-8:30pm) practice dates may change due to wrestling tournaments & events

This program is designed for advance wrestlers that want to improve their technique and training to the state and national level. This program teaches wrestlers how to train and compete to their fullest potential. Materials that will be covered at practice: Updated Olympic and National wrestling technique, weight training, proper diet & nutrition, and train to win.

Payment plan

- \$143.00 per month: 2 practices per week

- Family Discount: 50% off 2nd & 3rd wrestler

- Payment in full: 10% off

2011

October: 2, 5, 9, 12, 16, 19, 23, 26, 30 (9)

November: 2, 6, 9, 13, 16, 20, 27, 30 (8)

December: 4, 7, 11, 14, 18, 21, 22, 28 (8)

2012

January: 4, 8, 11, 15, 18, 22, 25, 29, (8)

February: 1, 5, 8, 12, 15, 19, 22, 29 (8)