

COUGAR WRESTLING CLUB

An East Side SAN JOSE Club SINCE 2001!

- WHAT:** Come and develop your strength, endurance, wrestling skills and confidence. Daily practice sessions include: strength training, skill development, position drills, live wrestling and conditioning.
- *Elementary and middle school wrestlers
 - *Freestyle/Greco Roman wrestling
 - *Dedicated transportation to events
 - *Scheduled dual meets - New for 2007!
- WHEN:** Mondays/Wednesdays 3:30-5:00 pm
Open enrollment begins: Tuesday February 13th, 2007 @ 3:30-5:00pm
- WHERE:** Quimby Oak Middle School - rm. #1
3190 Quimby Rd.
San José, CA 95148
- REQUIRED:** \$95 club fee includes: enrollment and instruction for 4 Months. (Feb.-May)
\$5 fee for drop in sessions.
- COACHES:**
- | | |
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| Sam Spengler | Ricardo García |
| Quimby Oak Middle School | Local High School Coach |
| MMA Fighter, 3 rd State H.S. | 1994 NCAA Qualifier |
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