



# WRESTLING PRE-SEASON

Strength · Power · Endurance · Quickness  
Training

HS & MS wrestlers: Prepare for the upcoming season at **CATZ: Competitive Athlete Training Zone** with our high intensity, college style, strength, power, quickness and endurance training

No sport relies on conditioning more than wrestling and no athletes require unique training, specific to the demands of their sport, more than wrestlers. **CATZ** understands this and we are the only ones that offer a program to prepare wrestlers for their upcoming season

At **CATZ**, you'll develop:

- Explosive **quickness** for more takedowns
- Enhanced **endurance** to own the 3rd period
- Lower body **power** to escape from bottom
- Upper body **strength** for max pinning power
- Overall **fitness** w/ ↑ lean muscle, ↓ body fat



*"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."*

- Dan Gable

**Days:** Tuesdays & Thursdays

**Times:** 4-5pm (before your club wrestling)

**8 Week HS Option (16 sessions): 9/19-11/9**

**Cost: \$219**

**16 Week MS Option (32 sessions): 9/19-1/2**

**Cost: \$359**



***If you're not doing this, your next opponent might be...***

Register by contacting CATZ: Competitive Athlete Training Zone

114 Parkway Drive South, Hauppauge (In SUSA Sports)

631 486-8933 or [info@catzli.com](mailto:info@catzli.com) [www.catzli.com](http://www.catzli.com)