**Sergeant Bluff-Luton Sports Complex**

**Grades 2nd – 8th Grade**

June 2 – July 23 (Mon, Wed, Fri)

9:30 am – 11:45 am

Fee: $250

***Scholarships & reduced fees available on request***

* Athletes will engage in a training system designed to improve athletic skill applicable to all athletic fields. Coaches will also instruct on specific wrestling techniques.
* Agility training will be implemented to improve motor skills, body mechanics and change of direction.
* Box drills, ladder drills, cone drills, hurdle drills, sleds, tires, and battle ropes
* Improved STRENGTH, BALANCE, COORDINATION
* Development of confidence in oneself and ownership for personal, athletic growth

This program encompasses all dynamics of human movement for the development of athletic skill. We will enhance strength, muscular endurance, body mechanics, movement awareness, and wrestling skill. Participants will better understand their limits and learn how to overcome weaknesses. We will implement a general skill set as well as a specialized focus on certain training non-negotiables.

Focused weekly technique \* Agility Training \* Plyometric Training \* Team Building

Goal setting \* Leadership Speaker \* Nutrition \* Motivational Speaker

**Questions:**

Contact Coach Koedam

[koedacli@sblschools.com](mailto:koedacli@sblschools.com)

(712) 870-3099

Guest Clinicians, College Wrestler Coaches, HS Coach Trainers

[www.sblwrestling.com](http://www.sblwrestling.com)