

WRESTLING CONDITIONING

CAMPS



****BE IN SHAPE AND READY FOR****

****REGIONALS * NATIONALS * LOCAL EVENTS****

FOCUS

****ENDURANCE*STRENGTH*SPEED*AGILITY*MENTAL FOCUS*EXPLOSIVNESS****

TIMES & DATES

7:00 TO 8:15 A.M.

WILL MEET TUES, WED, & THURS

SESSION ONE: JUNE 8 THRU JUNE 24TH

SESSION TWO: JUNE 29TH THRU JULY 15TH

LOCATION

WILL MEET IN THE WESTWOOD HIGH SCHOOL PARKING LOT
(POSSIBLE TEMPE HIGH SCHOOL LOCATION, IF ENOUGH INTEREST)

ATHLETIC FITNESS STAFF:

ALEX PAVLENKO

2006 STATE CHAMPION POP WARNER COACH
2007 ACYFL NATIONAL FOOTBALL CHAMPIONS
SUNKIDS WRESTLING COACH/ 8X TEAM STATE CHAMPIONSHIPS
MARCOS DE NIZA WRESTLING COACH
28 YEARS COACHING EXPERIENCE
PHYSICAL EDUCATION TEACHER
BA IN PHYSICAL EDUCATION
CERTIFIED YOUTH PERSONAL TRAINER

ALEX PAVLENKO II

HIGH SCHOOL NATIONAL WRESTLING CHAMPION
ARIZONA STATE UNIVERSITY WRESTLER
BA EXERCISE & WELLNESS
TEMPE HS HEAD WRESTLING COACH
PHYSICAL EDUCATION TEACHER
PERSONAL TRAINER

******REGISTER ON LINE AT AZATHLETICFITNESS.COM******

******REGISTRATION FORM ON THE BACK OF THIS PAGE******

FEE

\$85 PER EACH SESSION

SEND CHECKS TO:

PO BOX 4734 MESA, AZ 85211

MAKE CHECKS TO: **ATHLETIC FITNESS**

FOR INFORMATION

CALL ALEX or RONDA #480-835-9497

#480-529-9497 OR #480-518-1792

AZSUNKIDS@COX.NET

AZSUNKIDS.COM OR AZATHLETICFITNESS.COM