



**July 12, July 13-16**

## **Team CT Wrestling Practice/Training**

**Practice times:** Sunday 11-4pm,  
Monday-Thursday 6-8:30pm

**@ Wesleyan University-Wrestling Room**

<http://www.wesleyan.edu/athletics/traveltoathletics.html>

**ALL High School Wrestlers and Coaches welcome**

Practices will focus on freestyle (all folkstyle wrestling skills applicable) training and preparation for the Jr. Nationals @ Fargo, ND. Expand your wrestling mind, abilities, & techniques. Make yourself 1% better each day as well as prepare our CT Wrestlers to be All-Americans

**Summer Wrestling**

**Makes Winter**

**Champions**

**2009 Team CT**

**Junior Nationals, Fargo, ND**

**July 18-25, 2009**

**"What can I do next to be better"-Dan Gable**

**Join  
Team CT**

**Free to everyone! Only need a USA Wrestling Card**

**For USA Card contact: [sjadach23@aol.com](mailto:sjadach23@aol.com) or 203-231-3285**