

NC Pride Wrestling Club

SUMMER TRAINING

SCHEDULE

On the Mat · Every Week

LITTLE LIONS

YOUNGEST WRESTLERS

Monday
6:00 - 7:00

ELEMENTARY WRESTLING

GRADES K-5

Sunday
3:00 - 4:00

Tuesday
6:00 - 7:00

Thursday
6:00 - 7:00

MIDDLE / HIGH WRESTLING

GRADES 6-12

Sunday
4:00 - 5:30

Tuesday
7:00 - 8:30

Thursday
7:00 - 8:30

WEIGHT TRAINING

MS / HS ONLY

Monday
6:00 - 7:30

Wednesday
6:00 - 7:30

Friday
6:00 - 7:30

NCPWC rarely cancels or changes practice schedules; however, training is subject to adjustment based on competition schedule and coach's commitment to travel and national teams.

NCPWC · Train Hard. Wrestle Harder.