



FALL/WINTER Training at the Toronto Wrestling Development Centre

All Toronto area wrestlers who are members of the OAWA are encouraged to participate in Training Sessions at the Toronto Wrestling Development Centre.

All participants are reminded that you do not have to be affiliated with a particular club to participate in Training Sessions at the Centre. All sessions are open to all athletes, but athletes are advised to select the training level appropriate for them, and to consult their coach when planning their training. All Coaches are encouraged to attend sessions at the Centre to work with their athletes, other athletes, and other coaches involved at the Centre.

Athletes' personal coaches must be aware they are training at the Centre.

The following practice schedule is in place. Please post this on your fridges, bathroom doors or any other place so that you will be encouraged to come out and train. Regular training at the Centre can augment your own club training, or take the place of your club training in cases where you can not make it to your regular club session. Again, athletes are required to make sure their coach knows they are training at the Centre, and has approved them doing so.

Fall/Winter Training Schedule at the Centre:

- **Monday: 7-9 PM Technique and Sparring**
- **Tuesday: 7-9 PM Advanced Sparring Intensive**
- **Wednesday 7-9 PM Kids, Juvenile to Senior Individual work**
- **Thursday 7-9 PM Advanced Sparring Intensive**
- **Friday 7-9 PM Technique and Sparring**
- **Sunday 10am-1 PM Kids, Juvenile to Senior Technique/conditioning**

Please distribute this information to all interested individuals.

Contact for more information:

Coach Mike Quinsey michaelquinsey@hotmail.com

The use of the Centre by Toronto area athletes and coaches is a free service sponsored by the *Ontario Amateur Wrestling Association* (www.oawa.ca)

All participants must be full registered members of the OAWA.