



# WRESTLERS



PRE-SEASON STARTS AUGUST 2018

---

## GET READY FOR WRESTLING SEASON!

- ⊕ BEGINNER & ADVANCED PROGRAMS
- ⊕ LONG TERM DEVELOPMENTAL PLAN
- ⊕ STRENGTH & CONDITIONING

[WWW.HDWRESTLINGCLUB.COM/EVENTS](http://WWW.HDWRESTLINGCLUB.COM/EVENTS)

SIGN UP  
AT THE  
HDWC  
WEBSITE

EARLY  
SIGN UP  
DISCOUNT  
ENDS  
JULY 7

COACH FERDIE ASTORGA - COACH KENDRA KEHRLI - COACH ROB OLSON

COACH SPENCER MIERAS - COACH CAMERON PRIVITT



HARD DRIVE PERFORMANCE CENTER  
712 3<sup>rd</sup> Avenue SE. Cedar Rapids, IA 52403  
319-826-1035

[HDCOACH@HDWRESTLINGCLUB.COM](mailto:HDCOACH@HDWRESTLINGCLUB.COM)