



# ELEVATE

## WRESTLING ACADEMY

"ELEVATE WRESTLING. ELEVATE LIFE."



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## ACADEMY OVERVIEW

### *Training for Age Groups (6-19)*

Led by **2x Olympic Alternate David Habat & DIII All-American Chris Doyle** with our credentialed coaching staff. Our mission is to jumpstart or elevate our members' athletic careers. We work on both folkstyle and freestyle, with a hyper focus on technique and effective positioning.

### *Weekly Newsletters*

Stay informed with our newsletters to recap weekly practices, keeping parents informed and up to date on progress and areas that need improvement.

### *Exclusive Guest Clinics*

We schedule regular guest clinicians from collegiate to the world level, and give our members' more opportunity to expand their wrestling knowledge.

### *Pursuit Wrestling Center*

Elevate provides unique training opportunities with Pursuit Wrestling Center of Columbus, giving our members access to different training partners.

### *Girls Only Practices*

**#GrowWomensWrestling!**  
With enough expressed interest, we intend to have exclusive girls only wrestling practices.

### *Training Equipment*

Regular practices incorporating specific wrestling technique, training, and conditioning. We will include resistance band work, kettle bells, slam balls, lifting and more!

## Questions? Contact Us!



[contact@elevatewrestlingacademy.com](mailto:contact@elevatewrestlingacademy.com)

**Location - 5155 Buehlers Dr Suite 100 Medina OH 44256**