

Facts about FITS Wrestling Academy

- Locations- Sun; Whitehall MD, Mon; Reinholds PA, Tues; Hampstead MD, Thurs @ Hereford HS
- Any wrestler (ages 7-18 years old) with a current USA Wrestling Card is welcome to attend.
- **The first practice is always FREE** as a trial to see if you enjoy the program.
- Our staff strives to create a positive learning environment where each student feels valued.
- We pride ourselves in making practices fun and engaging through creative drills and games.
- Pinning is king @ FITS! If you love the sound of the slap of the mat, you're our kind of people.
- Parents have great things to say about our end of practices 'character talks'.

These short lessons focus on building our students into better young men and women off the mat.

- Our program runs ALL YEAR ROUND with the same Coaching Staff
 - Though somewhat repetitive, this type of consistency is crucial for skill development in our sport

- **FITS Academy Director is 4x NCAA All-American Steve Fittery**

- (2007-2011) College Record 170-20 @ Shippensburg and American
- 2x D2 National Finalist; 3rd & 5th at Division 1 NCAA Championships
- 4x NWCA Academic All-American
- President of the Fellowship of Christian Athletes campus huddles



Punch Cards

5 practices = \$100

10 practices = \$175

20 Practices = \$300

*Free T-shirt with purchase of any punch card

Info and Registration @ www.fitswrestlingacademy.com