

# Facts about FITS Wrestling Academy

- 5 Locations in 5 different counties! Baltimore, Harford, Carroll, York, and Lancaster
- Any wrestler, ages 7-18 years old, is welcome to attend.
- **The first practice is 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 ref slapping the mat, you'll fit right in.
- Parents have great things to say about our end of practices 'character talks'.

These short lessons focus making positive decisions off the mat.

- Our program runs ALL YEAR ROUND with the same Coaching Staff
  - 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; 3<sup>rd</sup> & 5<sup>th</sup> at Division 1 NCAA Championships
  - 4x NWCA Academic All-American
  - President of the Fellowship of Christian Athletes campus huddles



<u>Punch Cards</u>	
5 practices	= \$100
10 practices	= \$175
20 Practices	= \$300

**Info and Registration @ [www.fitswrestlingacademy.com](http://www.fitswrestlingacademy.com)**