

# Facts about FITS Wrestling Academy

- FITS Academy is the only local wrestling program with a **Division 1 All-American** as head coach
  - We are a technique-based supplemental training program that operates year-round
  - 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.
  - We offer Winter Classes in Glen Rock, PA and White Hall, MD from Dec 1-Feb 28
  - See our complete schedule online @ [www.fitswrestlingacademy.com/classes](http://www.fitswrestlingacademy.com/classes)
  - FITS Classes are paid for using a punch card system so that you get exactly what you pay for
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- Our staff creates a positive environment where each student gets the attention he or she needs
  - We pride ourselves in making practices fun and engaging with creative drills and 'wrestling' games.
  - We make sure to keep our class sizes are small, so that your athlete gets the most out of practice
  - Every class ends with a short 'character talk' about important life lessons that our sport imparts. The character a child gains from wrestling is something every parent should treasure.
  - Our program runs ALL YEAR ROUND with the same Coaching Staff
    - This type of consistency is crucial for skill development in our sport!
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- **FITS Wrestling Academy Quick Stats**
    - 2,000+ different students since 2016
    - 24 different locations in past fours; 12 in MD, 12 in PA
    - 30 NCAA All-Americans as Guest Clinicians; 7 NCAA Champs



## Punch Card Prices

**5 practices = \$100**

**10 practices = \$175**

**20 Practices = \$300**

\*Free T-shirt with purchase  
of any punch card

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