

CLAREMONT WRESTLING - SUMMER STRONG 2019

JUNE 24TH – AUGUST 30TH

**MONDAY THROUGH THURSDAY @ THE CHS WEIGHT ROOM
5 – 6 PM**

All athletes must be physically cleared to participate. If you have questions on how to get cleared, visit the following link for details.

<https://claremontathletics.com/athletic-clearance-instructions-19-20/>

There will be a mandatory session on the Olympic lifts on Saturday January 29th at 12:00pm. This is to get anyone not familiar with these lifts acclimated and up to speed as soon as possible. Even if you are familiar with these lifts you must attend this seminar.

No prior lifting experience is necessary to start training. During the first 2 weeks we will have a max day, in which we will find everyone's 1RM in order to correctly program the rest of the summer. If you are not experienced enough to max on any of the lifts, I will assign you a max based on different criteria.

Get ready to work!

If you have any questions please reach out to:

**Joe Marchillo
Head Coach**

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