

InnerDrive Fall Wrestling

High School Fall Wrestling

This is a continuation of the InnerDrive Offseason program. During this five week preseason session, we will work equally on drilling and conditioning to make sure you are ready for the season.

Dates- October, 14th to November, 13th, Mondays and Wednesdays

Time-6:30-7:45pm

Location-RCTC Wrestling room

Cost- \$40 if you were not signed up for the Off Season program