

H.I.T. INFORMATION

Mission:

The HIT program is designed for committed individuals that want a jump start on the upcoming season. The workout will be conducted like a college style practice, ran by college coaches, and with college wrestlers in attendance. H.I.T. will be a great opportunity to get geared up for Super 32 or any fall tournaments.

TWO LOCATIONS

Ripley High School

Wrestling Room

2 School St, Ripley,
WV 25271

Youth wrestlers

5th grade through 8th grade
Saturday September 23rd
5 - 7pm

High School Wrestlers

9th through 12th grade
Sunday September 24th
3 - 5pm

3 - 5pm

Coaches:

- Mitch Smith - WLU coach
 - Brian Leggett - WLU coach
 - Mike Carpenter - WLU coach
 - Zach Brown - WLU GA coach
- +WLU wrestling athletes

Parkersburg South High School

Wrestling Room

1511 Blizzard Dr, Parkersburg,
WV 26101

Youth wrestlers

5th grade through 8th grade
Saturday October 21st
5 - 7pm

High School Wrestlers

9th through 12th grade
Sunday October 22nd
3 - 5pm

Registration/Cost

Cost will be \$20 per wrestler in attendance . Registration will be completed on site the day of the workout. For more information contact Coach Smith: 304-531-2172 msmith1@westliberty.edu