



AAU

Wrestling

AAU WRESTLING PRESEASON 2020

As school begins its fall semester, the wrestling preseason is upon us. This is a portion of the season that is, unfortunately, often overlooked. It is critical that a wrestler take advantage of the preseason in order to increase his chances at success in the regular season. What you do in the next few months will have a tremendous impact on your high school season this year. In the AAU Preseason wrestling, you will be building your stamina and conditioning while mastering the technique learned from **Aaron Denson and Joe Ellenberger**. Come learn from **high school state champions and college All-Americans and National Champions!** **This is limited to the first 30 middle school or high school kids.**

High School –

- ❖ Season runs from Wednesday, September 9th to Sunday, November 1st.
- ❖ **You must have a current AAU card!** They will be checked at the door.
- ❖ Cost is \$200 for all days or \$100 for Saturday's only. \$25 off for each additional sibling.
- ❖ Drop in fee of \$10 per day.
- ❖ Members of any OMAWA clubs get a \$5 discount.
- ❖ Payments due at the door and can be made via cash, checks or Venmo. Checks can be made to AAU Nebraska or by venmo @MillardSouthWrestling.
- ❖ Practice schedule:
 - Monday 6:00 pm – 7:30 pm
 - Wednesday 6:00 pm – 7:30 pm
 - Saturday 9:00 am – 10:30 am

All practice sessions will be held at the AAU Training Facility:

13921 "S" Plaza, Omaha, NE 68137 – In the same strip mall as the Amazing Pizza Machine