



Set Goals ■ Improve Technique ■ Increase Focus ■ Gain Confidence

Session6wrestling.com

Be in it!

Session 6 Clinics

can be held at your school to learn technique, sports psychology and self-assessment skills!

Session 6 wrestling clinics support the goals you set for your wrestlers! These one-day (5 hour) sessions help your wrestlers analyze their training habits in a positive mental atmosphere. It's a great tool to help coaches and wrestlers to work together to reach full individual and team wrestling potential.

Wrestlers receive a "how to" course using the Championship Training Log, with motivational stories, mental training, focus improvement, free Session 6 affirmation cards, Division I technique and a FREE copy of **The Championship Training Log** (\$34.95 value).

The Championship Training Log covers self-assessment, goal-setting, time management, strength log, positive mental training, opponent scouting, technique log, nutrition, hydration, weight log and more!

"I have a copy of your Championship Training Log for Wrestling and I just wanted to let you know that I think you did an outstanding job with the manual. You made it very easy for wrestlers of any level to follow the program."

Rob Koll, Head Coach, Cornell University

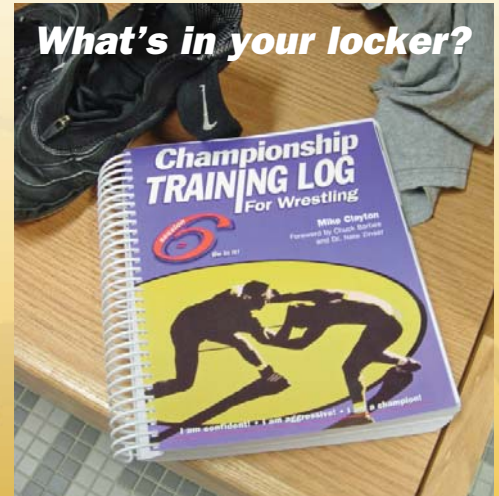
"Coach Clayton has put together a great clinic that teaches you how to use the book to reach your goals. He effortlessly guides you through the book and it's finer points while passing along great technique! Coach Clayton truly believes in his product and can help you achieve the championship lifestyle on and off the mat."

Paul B, Father/Coach/Wrestling Fan

"Obviously, the devoted wrestler will be willing to put the time into it. Those are the type of people that thirst for knowledge and are looking for something to give them an edge. I also think it is good for our sport in helping to educate younger wrestlers in every facet of wrestling."

Mitch Clark, NCAA Champion, Ohio State University

What's in your locker?



Contact Coach Mike Clayton Owner and Clinic Director

- US Naval Academy Graduate 1995
West Point Head Assistant Coach
- Coach of 31 College All-Americans
and 8 Champions
- NCAA Division I Qualifier in 1995 for USNA
- 3x EIWA Place-winner (1995 finalist)
- Armed Forces Silver Medalist 1996
- 2x NCWA Conference Coach of the Year
- Former College Business Teacher

Email today:

info@session6wrestling.com



www.session6wrestling.com info@session6wrestling.com