

CWA

COLE'S WRESTLING ACADEMY

BALTIMORE, MD · YOUTH ATHLETIC DEVELOPMENT · AGES 5-17



TRAINING OFFERED / A PROGRAM FOR PARENTS WHO WANT MORE

BUILD STRONGER ATHLETES



Wrestling is the foundation. We use it to build the strength, discipline, and mental toughness that win in every sport — and in life.

01

WRESTLING TRAINING

Technique & fundamentals across every style

02

FITNESS & STRENGTH

Age-appropriate conditioning & real power

03

MENTAL TRAINING

Focus, confidence & resilience under pressure

04

TOTAL ATHLETE DEVELOPMENT

Speed, balance & coordination for any sport

SIGN YOUR ATHLETE UP

Mon–Fri · 5:30–8:30 PM · one-hour sessions grouped by experience level

NO EXPERIENCE NEEDED · BEGINNERS WELCOME · GIRLS TRAIN HERE



SCAN FOR
THIS FLYER



CALL

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