



CrossFit Long Island

Spring Strength and Conditioning for Section XI Wrestlers

Wrestling is the most physically demanding sport out there. Period. No other sport demands the combination of strength and endurance necessary to over-power and out last your opponents on the mat. Unfortunately, most training protocols focus on either strength or endurance, not both.

CrossFit is designed to exceed the physical capacities of the fittest human beings in the world. The program creates athletes who excel in all 10 physical domains (cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy), leaving **NO WEAKNESSES** in any area. The high intensity workouts lead to a greater work capacity enabling athletes to be stronger, move faster, and last longer.

CrossFit Long Island is owned and operated by former Section XI All-County wrestler, Brian Costello. After wrestling year round from elementary school into college, Brian knows what wrestlers must be able to do, both physically and mentally. Now Brian is one of the most well-known Strength and Conditioning Coaches on Long Island and he is combining his 2 passions to create the premier training program for Section XI wrestlers.

Spring Program:

Days: Monday, Wednesday, Friday

Time: 3:30pm

Place: CrossFit Long Island (54-E Old Dock Rd, Yaphank)

Dates: Monday April 11th - Monday June 6th (8 weeks /24 training sessions)

Cost: \$229

This program is designed for serious athletes, mature enough to handle high intensity workouts and focused on **WINNING**. The program welcomes athletes who will be entering 9th grade next year to 12th grade. The program is capped at **12 athletes**, not 13, not 14, no exceptions. A brief entrance interview will be required before enrolling to ensure your athlete is well suited for the program.



To schedule your interview, please call the office at 631.909.4849, or visit www.CFlongisland.com for more information.