



Central Indiana Academy of Wrestling

ciawrestling.com

PHILOSOPHY

The goal at CIA is to provide high level technique and to help kids prepare for success on and off the mat. Every wrestler that works out with us will learn the importance of hard work and dedication.

The coaches at CIA are committed to developing champions in the sport of wrestling and in life.

**GREATNESS IS EARNED,
NEVER GIVEN!!!**

COACH

Brady Eppert

- ⇒ Owner and Head Coach of CIA
- ⇒ Coach at Anderson Highland HS 2005-2009:
 - Coached 3 state champions
 - Coached 7 state placers
- ⇒ Coach of multiple youth and high school state champs
- ⇒ Indiana National Team Coach 2004-present
- ⇒ Coach of multiple youth and high school All-Americans
- ⇒ Coached multiple Division 1, 2, 3 and NAIA college wrestlers
- ⇒ Folkstyle Director on the ISWA Board
- ⇒ Graduated from Ball State Univ. with a degree in Elementary and Special Education and currently has a 5 year teaching license

CIA Sessions:

All practices take place in the Lawrence North wrestling room @ 7802 Hague Rd., 46256.

Elementary/Middle School Group

February Schedule:

Sundays and Wednesdays 6:30-8:00

Starting March 1:

Sundays 3:15-4:45 and Wednesdays 6:30-8:00

Price:

2 days/week for the month = \$90

1 day/week for the month = \$50

High School Group (grades 8-12)

The Spring and Summer session runs from **March through July**. There are two high school groups:

⇒ **Orange:** 145 lbs and up

⇒ **Red:** Under 145 lbs

Practice Schedule (starting March 1):

⇒ **Orange:** Sundays and Mondays 5-6:30

⇒ **Red:** Sundays and Mondays 6:45-8:15

Price (covers March-July)

First payment of \$225 due March 1

Second payment of \$225 due May 1

Workouts continue in August-October as well.

Payment is month by month during this time. The cost is the same as the Elementary/Middle School Group.