

# MAD BULL *e*volution WRESTLING physical therapy

## Youth Boot Camp

Join us for a complete, full body circuit training workout designed to help kids get stronger, faster and have fun!

Who: Youth ages 9-14

Where: Westmere Park, 4 Westmere Ave. in Rowayton (weather permitting)

When: Wednesdays 3:45pm-4:45pm

Price: \$10 per child per session

Partner: Mad Bull Wrestling



BRIAN WOLFE, DPT, OCS

Brian received his doctorate degree in physical therapy from Ithaca College and has been working with athletes for over 10 years for rehabilitation and strength and conditioning. He is an orthopedic certified specialist and specializes in working with high school, collegiate, professional athletes and weekend warriors.

Brian wrestled in NY for his career with John Jay High School, was a multi year team captain and three sport varsity athlete. He is now bringing his passion for wrestling and strength and conditioning to Norwalk to help our young athletes elevate their abilities and achieve their goals!



KELSEY COGNETTA, ATC, CPT

Kelsey graduated from Keene State College with a Bachelors of Science in Athletic Training. Here she was a captain of the women's basketball team where she received First Team All-Little East Conference honors. She has worked with several athletes ranging from youth sports to professional athletes.

Currently she is pursuing her Doctorate of Physical Therapy at Dominican College. She is a National Strength and Conditioning Association Certified Personal Trainer, a Certified Functional Strength Coach, Kettlebell Level 1 Certified, and Functional Movement Screening Certified Level 1. She hopes to bring her background knowledge to improve athletic performance and injury prevention in the strength and conditioning field in order to provide the best care for athletes of all ages.