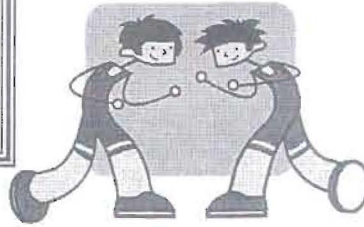


# Youth Wrestling



## Bronco Wrestling Club for kids 3<sup>rd</sup> – 8<sup>th</sup> grade!!

- ❖ 2 Levels: Beginner/Intermediate and Advanced
- ❖ Each level teaches techniques that the next level will build on
- ❖ This is a progressive system much like colored belts in Martial Arts

This is a **GREAT** sport because big or small, fast or slow, it all evens out in wrestling. It is not only a High School, College and Olympic sport...it doubles as a method of self defense. Future football players get a great head start here – a perfect double leg takedown is a perfect tackle in football.

- ❖ Local tournament season is November thru May
- ❖ Kids will **ONLY** wrestle other kids their same age and weight in competitions

**SIGN-UPS** will be Oct. 21st or 26th at Bella Vista High School (8301 Madison Ave) from 6:00 PM – 7:30 PM.

Fee is \$90.00 per season (November thru May). Discounts for multiple kids available.

\*\* Fee is due at time of sign-up. Please make check payable to Bronco Wrestling Club. You will receive information about our program and we will be available for questions at this time.

\*\* You do NOT have to start in November and you may stop before May. We encourage kids to participate in other sports as well.

**First Practice** will be Monday, November 2nd

Go to [www.bvwrestling.com](http://www.bvwrestling.com), then click on the “Bronco Wrestling Club” for all information

**Beginner/Intermediate** practice at Bella Vista High School (room H3) on Mondays and Thursdays from 6:00 to 7:45 pm. Beginner/Intermediates are any wrestlers in 3<sup>rd</sup> grade and up. At this stage we are teaching them the basics, and then progressing up from there so that they can grow and be challenged at wrestling. This is not a tough man club; this club is meant to teach wrestling in a fun and competitive environment. Our philosophy is that if wrestling is fun and challenging, kids will come back for more.

**Advanced team** practices at Carnegie Middle School on Mondays, Wednesdays and Thursdays from 6:00 – 8:00pm. This is a class that is geared for kids who really want to excel in the sport. You must be invited by our staff to this particular level – lower level technique must have been mastered.

For more information, email [Whitney.L.Lee@sprint.com](mailto:Whitney.L.Lee@sprint.com). *This is not a San Juan Unified School District Program. SJUSD accepts no responsibility or liability for this program.*