



Minutemen Youth Wrestling

Grades K – 8

Come join this exciting program and learn how to wrestle. This program will teach the basic moves used in high school. Nothing like you see on television, No WWE here! Have fun and be safe. Contests and games will be used to teach basic skills in wrestling. No experience necessary and participants wrestle against opponents of their own weight and ability. Wrestling will improve balance, hand-eye coordination, self-confidence and teach teamwork.

Who: Boys and Girls Ages 4 to 14

When: Program runs from Wednesday, November 7, 2018 through Mid- March 2019

<u>What:</u> Instructional sessions/training:	Tuesdays/Wednesdays	6-7:30pm- Open to all
Advanced Tournament Preparation:	Fridays	6-7:30pm– Tournament / Advanced only

Where: All weekly sessions will be held in the McGee Middle School (899 Norton Rd. Berlin CT 06037)

Tournaments will vary throughout the State from week to week

★ 8th GRADE DISCOUNT!!!! \$50 OFF!!! ★
Enter PROMO code GRADE8



Minutemen Youth Wrestling

Program Head Coach: Mark Mangiafico

Registration Specific Questions Email: Info@minutemenyouthwrestling

