

WRESTLING 101

Sponsored by Cal-Mum Wrestling

For 6th-12th grade students

FREE

First time wrestlers:

To be introduced to the sport and to learn basic wrestling techniques.

Experienced wrestlers:

This is an opportunity to learn and enhance your wrestling skills.

Where: Cal-Mum Middle School Gym

Time: 6:00-7:30 PM on Tuesdays & Thursdays

Dates: 7/13, 7/15, 7/20, 7/22, 7/27, 7/29

Questions, feel free to contact:

Chip Day-Varsity Wrestling Coach

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