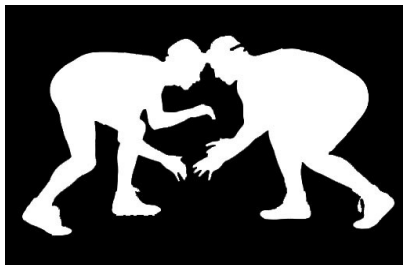


Benicia Wrestling Introduces

An Introductory Wrestling Program open to all Benicia School Students

Sign-up
Today



Benicia Middle School is once again having an introduction to wrestling program for all students (Boys and Girls) grades 3rd through 8th enrolled in Benicia schools (includes St Dominic's). Concurrently we will be training returning wrestlers.

STARTS: SEPT 5TH 2017

COST: \$120 FOR 8 WEEKS

The program will be 8 weeks and includes a few tournament matches.

For a little over \$10 a week you can learn a new sport

- ◆ *Fee includes 2017/2018 USA Wrestling membership (\$50)*
- ◆ *Learn the fundamentals of folk-style wrestling*
- ◆ *Meet new friends*
- ◆ *Highly skilled coaching staff*
- ◆ **No experience necessary**

When and Where?:

Practices will start on Tuesday Sept 5th and will be held at Benicia Middle School every Mon through Thursday 6–8 PM.

What do I need?:

Physicals required: Wrestling shoes and headgear are highly recommended and not included in the registration fee. The only other thing you need is the ability to be on time, listen and have the desire to learn something fun and new.

What can I expect?

This is a program that introduces the basics of the sport of wrestling. This 8 week program will teach you the fundamentals of the sport that will prepare you for the competitive wrestling program. Learn takedowns, defense and pinning combinations. Practices will be 4-days a week and all participants are expected to attend daily. Coaches will incorporate teaching techniques that are time tested and proven. Wrestlers will be partnered up with similar size and age partners for training when possible.

Come out and learn a new sport or come back for the fun and excitement.

