

# BHMS YOUTH WRESTLING



*2018 PUSD DISTRICT CHAMPIONS!!!*

## 2019 SPRING SEASON STARTS MARCH 18<sup>th</sup>

- Learn the fundamentals of folkstyle wrestling in a fun, safe & competitive environment
  - Develop wrestling skills, agility, strength & mental toughness thru technique sessions, live wrestling & dual meets
  - Highly recommended for football players (improves tackling, blocking & balance!!!)

### **Details:**

**AGES:** Grades 6 thru 8 (Open to ALL PUSD middle school students)

**EXPERIENCE:** Open to Beginner, Intermediate & Advanced levels

**PRACTICES:** Monday, Wednesday, Friday from 3:20 to 5:15pm

**LOCATION:** Bernardo Heights Middle School main gym

**DATES:** March 18<sup>th</sup> thru May 25<sup>th</sup>

### **Sign-Ups and Informational Meeting**

February 25th @ 3:30pm (parents welcome!)

Bernardo Heights Middle School Gym

12990 Paseo Lucido, San Diego, CA 92128

Send Questions to: [jterribilini@powayusd.com](mailto:jterribilini@powayusd.com)