

# RB Colts (Xtreme and Futures) YOUTH WRESTLING

Summer Session  
June 10th- 28<sup>th</sup> ,  
July 15<sup>th</sup>-Aug 16<sup>th</sup>



Competitions:  
RMN June 28-30<sup>th</sup>, Cal state  
games July 20<sup>th</sup> and Dday on  
broadway Aug 9-11<sup>th</sup>.

**WHO:** Open to all beginner, intermediate and Advanced level kids in grades K thru 8

**PRACTICES:** Monday and Wednesday

- **Ages 5 to 7** practice from 5:30 to 7:00pm
- **Ages 8 to 14** practice from 5:30 to 7:00pm

**WHERE:** Wrestling Room @ RBHS, 13010 Paseo Lucido, 92128

- Learn the fundamentals of folkstyle wrestling in a fun, safe and competitive environment
- Develop wrestling skills, agility & strength thru technique sessions and live wrestling
  - Membership Cost \$200

## Fall SESSION STARTS June 10th

## REGISTRATION IS OPEN

<https://rbwrestling.sportspage.com/register/form/596464676>

**SPACE IS LIMITED To MAXIMIZE COACHING**

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

Offered by the Rancho Bernardo Wrestling Club, a 501(c)(3) Non-Profit Org