

RB COLTS YOUTH WRESTLING



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

PRACTICES: Monday and Wednesdays (Tuesday/Thursday to be added)

➤ **Ages 5 to 8** practice from 6:00 to 7:30pm

➤ **Ages 9 to 14** practice from 6:00 to 7:45pm

WHERE: Wrestling Room @ RBHS, 13010 Paseo Lucido, SD Ca. 92128

- Learn the fundamentals of folk style wrestling in a fun, safe and competitive environment
- Develop wrestling skills, agility & strength thru technique sessions and live wrestling
- Season Will Run November 11th-State Tournament (Anticipated End of March)
 - Membership Cost \$400 (incl. Shirt, Shorts and Coaching)

WINTER SEASON STARTS NOVEMBER 11th

REGISTRATION IS OPEN

<https://rbwrestling.sportngin.com/register/form/852607339>

SPACE IS LIMITED TO MAXIMIZE COACHING (Spots will fill Fast)

Send Questions to: jterribilini@powayusd.com

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