

# RB SPRING WRESTLING Season



**WHO:** Open to all beginner, intermediate and Advanced level kids in grades 7<sup>th</sup>-12<sup>th</sup>

**PRACTICES:** Monday, Wednesdays and Thursdays

- **Monday and Wednesday:** 5:30 to 7:00pm
- **Thursday:** 4:30 to 6:00pm

**Lifting:** Monday, Wednesday and Friday Mornings

**Monday and Fridays:** 645-8am

**Wednesdays:** 730-845am

**WHERE:** Wrestling Room @ BHMS Gym, 12990 Paseo Lucido, SD Ca. 92128

- Folkstyle, Freestyle and Greco Roman styles of wrestling
- Develop wrestling skills, agility & strength thru technique sessions and live wrestling
  - Season Will Run March 10<sup>th</sup>- June 8<sup>th</sup>
  - 3-5 Tournaments added as they become available
  - Membership Cost \$250

**WINTER SEASON STARTS March 10th**

**REGISTRATION IS OPEN**

<https://rbwrestling.sportngin.com/register/form/877745853>

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

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

Offered by the Rancho Bernardo Wrestling Club