

RB Fall YOUTH WRESTLING



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

PRACTICES: Tuesday and Thursday (Advanced Wednesday)

➤ **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 Wrestling Room

- Learn the fundamentals of All wrestling Styles in a fun, safe and competitive environment
- Develop wrestling skills, agility & strength thru technique sessions and live wrestling
 - Season Will Run August 18th- November 1st
 - Membership Cost \$250

Fall SEASON STARTS August 18th

REGISTRATION IS OPEN

<https://rbwrestling.sportngin.com/register/form/593922755>

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

Send Questions to: jterribilini@powayusd.com

Offered by the Rancho Bernardo Wrestling Club