

## Youth Wrestling

# Youth Wrestling Information

Practices ( Monday and Wednesday from 5:00—6:00).

Start Date (October 28th)

End Date (January 20th)

What is youth wrestling?

Youth wrestling is a program to teach wrestling within Sport Canada's Long Term Athlete Development (LTAD) framework. This will prepare your child to participate in many sports as they get older.

They will work on wrestling, gymnastics, agility training, various games of tag, lifting skills (anything to get them tired in a fun way).

The program will start on October 28th in the Birchwood Junior High School cafeteria. It is open to males and females in grades 1 through 5.

The cost for the program is \$100.



### Wrestling

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**Youth Wrestling**