

Wheaton Wrestling Alliance, Inc.

Youth Wrestling For Boys and Girls Ages 6-14

CALL 301-871-1248

www.wheatonwrestling.org



TWO PROGRAMS - starting in mid-November (All Evening Practices)

1. INTRAMURAL: two days/week; Saturday meets in January/February

Hawkeys practice Tues. & Thurs. at **Kennedy High School** – Coach Yunis (240) 855-7124

Pirates practice Tues. & Thurs. at **Einstein High School** – Coach Fitzpatrick (240) 417-2908
Starts Tues., Nov. 17, 2009!

2. GENERALS SELECT WRESTLING www.beltwaywrestling.com/generals

three days/week at **Georgetown Preparatory School**

November – March CAWL “beltway” meets and tournaments
Starts Mon., Nov. 16, 2009!

Benefits of Wrestling

- Builds character and confidence
- Teaches self discipline and self reliance
- Safe form of physical contact sport
- Emphasizes benefits of winning, losing and improving
- Team bonding in an individual sport
- Excellent conditioning
- Technical sport with moves and countermoves
- Prepares for high school and college wrestling
- There are more high school wrestlers than high school basketball players
- Successful wrestlers range in size from very small through very large

PROGRAMS ARE INSTRUCTIONAL – NO EXPERIENCE NECESSARY
EXPERIENCED AND KNOWLEDGEABLE COACHES
LONGEST CONTINUOUS RUNNING PROGRAM IN MARYLAND

Para Información en Español Llame: Vivian 240-460-8954