

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 at **Kennedy High School** – Coach Yunis (240) 855-7124

Pirates practice Tues. & Thurs. at **Einstein High School** – Coach Fitzpatrick (240) 417-2908

2. GENERALS SELECT WRESTLING www.beltwaywrestling.com/generals
three days/week at **Georgetown Preparatory School**
November – March CAWL “beltway” meets and tournaments

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

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