

Give your child the mental and athletic edge over others in any sport
and
allow your child to experience
substantial athletic progress and ultimately success in life.

The Laurel Boys and Girls Club's Wrestling Program
presents

Summer/Fall Wrestling Training

Purpose:

- To instill a strong sense of work ethic
- Developing athleticism: strength, speed, coordination and endurance
- Becoming more familiar with the fundamentals of wrestling
- Giving your child an advantage for achieving success in the 2016/17 wrestling season

Dates/Times:

July 5 - October 20, 2016
Tuesdays and Thursdays
6:30pm - 8:00pm

Location:

LBGC Grey room

Ages:

6 - 14 years old

Cost:

\$100.00 per child

(Limited to 30 participants;)

Registration:

www.Laurelboysandgirlsclub.org

Contact:

Coach Overton, email: lbgcwrestling@yahoo.com, phone: (240)354-2609

FYI: Former football players who wrestled: Ray Lewis, Tiki Barber and Warren Sapp



Summer/Fall training is a perfect way to begin or continue
investing in your child's future progress and success.