



# Tigers Summer Wrestling Camp



Learn the oldest form of self defence in a positive and fun atmosphere!

Wrestling is an amazing sport for boosting self esteem and confidence. ANYONE CAN DO IT! NO EXPERIENCE NECESSARY! Wrestlers are taught basic technique by experienced coaches. Participants will become extremely fit and increase their athleticism and strength for other sports.

This summer program is meant for new wrestlers to learn the sport of wrestling in a fun and positive environment. There will be no competitions. Is every practice mandatory? It is the summer so it is understandable if people miss practices due to commitment to other sports or family vacations.

Wrestlers wrestle according to size and gender- Boys wrestle with boys and girls wrestle with girls.

What do I wear? T-shirt & shorts, or leggings, socks are fine but we also have wrestling shoes to use.

Dates: July 8- August 29, 2019

Youth group ages 7-11: Mondays and Wednesdays 6:00 pm- 8:00 pm

Teen group ages 11-18: Tuesdays and Thursdays 6:00 pm - 8:00 pm (11 year olds can do either or both)

Location: The Warehouse, 78 First Lake Drive (behind Sobeys), Lower Sackville

Cost: \$95 for the summer and \$75 for current members of Wrestling Nova Scotia. It is only a \$40 charge for additional siblings who wish to join- a very cheap family sport!!

Any questions please contact Coach Mike at: [sackvillewrestling@hotmail.com](mailto:sackvillewrestling@hotmail.com)