

Generals Wrestling

Ages 8-15

CALL 301-881-1191



www.beltwaywrestling.com/generals

PRACTICES - starting in November (Evening Practices)

GENERALS WRESTLING www.beltwaywrestling.com/generals

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

CAWL dual meets and other 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*

INSTRUCTIONAL PROGRAM
EXPERIENCED AND KNOWLEDGEABLE COACHES

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