



**Ages 7-14**

# **EDWARDSVILLE WRESTLING CLUB**

*Our Mission is to enrich the lives of Wrestlers and their families through the sport of wrestling.*

## **SUMMER WRESTLING PROGRAM**

The **EWC SUMMER WRESTLING PROGRAM** is set up to provide a fun environment for EWC kids to enjoy the sport of wrestling. This program will allow your child the ability to stay active during the summer months and continue to learn skills that will help him/her in the sport of wrestling. The practices will be broken up into 3 phases. The First phase will focus on the sport of wrestling. This phase will consist of drilling specific techniques that will help improve wrestling skills. The second phase will consist of strength and agility exercises that will be done in an age appropriate manner. The last phase will be various activities set up for wrestlers to have fun but will still be wrestling oriented.

**Summer Program Fees: 7-9 year olds \$40 per month/\$70 for Both**

**10-14 year olds \$70 per month/\$130 for Both**

**\*\*If you do not have a current USA Card it will be an additional \$60\*\***

### **JUNE**

**TRAINING DATES:** June 2, 4, 9, 11, 16, 18, 23, 25

**WRESTLERS:** 7-9 Years Old (9 a.m. - 10 a.m.)

10-14 Years Old (9 a.m. – Noon)

### **JULY**

**TRAINING DATES:** July 7, 9, 14, 16, 21, 23, 28, 30

**WRESTLERS:** 7-9 Years Old (9 a.m. - 10 a.m.)

10-14 Years Old (9 a.m. – Noon)

*Wrestlers will be grouped according to age and skill level. This will be done in the first week of the Summer Program.*

**PROGRAM DIRECTOR:**

**PAT McNAMARA, EWC Head Coach**



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Edwardsville, IL

## **SIGN-UP ONLINE AT**

# **[www.edwardsvillewrestling.com/ewc](http://www.edwardsvillewrestling.com/ewc)**