

COLUMBUS WRESTLING CLUB



FALL YOUTH WRESTLING

Ages 2nd - 6th Grades

COST: \$150



Dates: Aug 21st - Nov 21st
Days: Monday and Wednesday
Time: 5:30pm - 6:30pm
Location: Gahanna Lincoln HS
140 S. Hamilton Rd.
Gahanna, OH 43230

Our fall program will focus on the basics of wrestling. Wrestlers will learn what a wrestling match is and the rules associated with the sport. Each practice wrestlers will develop fundamental skills such as stance, movement, and level changing. Core techniques taught will include double leg takedowns, stand up , escapes from the bottom, basic breakdowns from the top, basic turns (half nelson, crossface cradles, and a few others. Wrestler will learn how to control their body and how to control the body of their opponent. through sparring activities wrestlers will learn toughness, competitiveness, and sportmanship.

Contact: Brian Church 614 496-6369

columbuswrestling@gmail.com