

TSD APPROVED  
for distribution

# The Making of **CHAMPIONS**

## **SUMMER WRESTLING, MAKES WINTER CHAMPIONS**

**Come join us this spring and summer!**

*THS Wrestling Room*

**Tuesdays & Thursdays 6pm-7:30 pm**

**JOIN US THIS SPRING AND SUMMER FOR AN  
OPPORTUNITY TO ENHANCE YOUR  
WRESTLING SKILLS AT ALL LEVELS !!**

ALL INDIVIDUALS FROM 4TH TO 12TH GRADE  
ARE ENCOURAGED TO PARTICIPATE.  
OUR TRAINING SESSIONS, HELD EVERY  
TUESDAY AND THURSDAY STARTING APRIL  
30TH FROM 6:00 PM TO 7:30 PM, WILL BE  
RIGOROUS AND FOCUSED ON CULTIVATING  
CHAMPIONS.

THE TRAINING WILL PREDOMINANTLY FEATURE  
FREESTYLE AND GRECO-ROMAN STYLES, WITH  
FOLK-STYLE WRESTLING ALSO INTEGRATED.

**PARTICIPANTS ARE REQUIRED TO SIGN A  
WAIVER AND COME EQUIPPED WITH  
WRESTLING SHOES.**

THE COST IS \$30 PER MONTH (WITH A NEW  
CARD REQUIRED MONTHLY) OR A \$5 DROP-IN  
FEE.

WRESTLING IS RENOWNED AS ONE OF THE  
WORLD'S PREMIER PHYSICAL FITNESS SPORTS,  
FOSTERING STRENGTH AND ENDURANCE.  
GIVEN THE PREVALENT HEALTH CHALLENGES  
IN SOCIETY TODAY, WRESTLING CAN INSTILL A  
PASSION FOR PHYSICAL ACTIVITY.



## **COACHES**

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