



BRAVES WRESTLING CLUB
Winter High School Style
PRACTICE AND TRAINING

For 1st through 8th Grade Boys and Girls
wanting to wrestle or learn to Wrestle
Every Tuesday & Thursday 6-7:15 pm
Nov 4th –February 27th
at Jones Athletic Center Mat Room
On the Campus of UNC Pembroke

SPONSORED BY THE BRAVES WRESTLING CLUB

Who can participate: 1st through 8th grade boys and girls
What: An organized, supervised practice - teaching wrestling from beginners
through advanced levels

Techniques to be taught: Takedowns, top, bottom and pinning

Cost: USA WRESTLING CARD (\$35) + CLUB FEE OF \$25 = **TOTAL OF \$60**

Includes Club t-shirt

Requirements: You must have a USA Wrestling Card which provides you with co-
insurance and allows you to participate in wrestling tournaments around the state. (Cards
Cost \$35)

Registration: Registration at the site

Checks Should Be Made Out To: BRAVES WRESTLING CLUB

Contact: P.J. Smith at 910-734-6090 or email at pj.smith@uncp.edu with questions