

10 WEEK YOUTH WRESTLING PROGRAM

Why is wrestling good for young athletes?

Basic athletic skills, self-reliance, mental toughness, confidence, discipline, self esteem, sportsmanship, **FUN!**

Tribal Boxing Club along with Wrestling Nova Scotia will be hosting a free Wrestling Skills Program at Tribal Boxing in Dartmouth. This program has been developed by Wrestling Canada Lutte and will introduce the basics of wrestling and will cover the fundamental positions and skills needed to compete.

Starting August 8 2021

**Ages 8 to 13 from 4 to 5 pm
Ages 14 to 18 from 5 to 6 pm**

Cost free.

Registration is limited to 15 athletes per age group.

For more information or to sign up email:

wns.participation1@gmail.com

or call

Sharon @ 902-209-5484



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