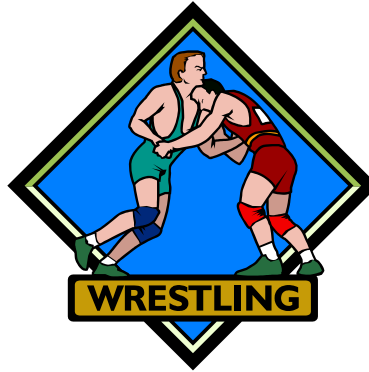


# Lower Cape Youth Wrestling



## **2011 Fitness and Introduction to Wrestling**

This is your opportunity to continue your fitness and training for future sports!

- ✓ Continue to Train
- ✓ Learn New Techniques
- ✓ Enhance Mental & Physical Skills
- ✓ Stay in Great Shape

Starting Tuesday May 17, 2011, all practice sessions will be at Nauset High School Gym from 5 – 7 PM on Tuesdays and Thursdays for 14 sessions. The cost of the sessions will be \$100.00 for all sessions; or \$10.00 per session paid the day of each session. Wrestling Shoes suggested; head gear mandatory. Olympia Sports stocks these at a reasonable price.

This will be a unique opportunity to train and to be coached by a recent national champion, Patrick Walsh, formerly from Division I Ohio State, 2007 New England Champion and 2008 National Prep School Heavy Weight Champion.

We are also looking for Team Sponsors and volunteers. If you have any interest in joining, volunteering or sponsoring our Club, please call Andrew Parkington. Cell Phone: 508-989-7082, Home: 508-349-1671. Or call Patrick Walsh, 781-316-4202.

We look forward to hearing from you!!!