



## Wrestling Club

### What We Are All About

Bulldog Wrestling Club (BWC) is a chartered member of the Illinois Kids Wrestling Federation (IKWF). We are proud to offer a competitive wrestling program to the youth of Riverside-Brookfield High School District 208 and nearby suburbs.

We offer a comprehensive athletic program that stresses wrestling fundamentals, discipline, character building, and teamwork. The Bulldog Wrestling Club is a challenging and competitive program for youth ages 7 through 14.

#### **Where:**

Practices are held in the recently remodeled RBHS wrestling room. We practice twice per week on Tuesday and Thursday evenings from 6pm to 8pm. Experienced wrestlers practice three times a week in the second half of the year. Practice for the 2010-2011 will start on November 9<sup>th</sup>.

#### **When:**

The season begins November and ends in February. Tournaments are generally held on Sunday mornings at local High Schools. Participation at Tournaments is optional but highly recommended. There are 8-12 Tournaments for experienced members and 1-2 Rookie (1<sup>st</sup>/2<sup>nd</sup> year wrestlers) Tournaments per season.

#### **Cost:**

The cost for join is \$200 for the season - wrestlers will also have to purchase an IKWF Membership Card (Insurance) for \$40. All Tournament Fees are included. There is a discount for families with more than one wrestler.

Equipment needed for practice - wrestling shoes and sweats/shorts. (2 Practice Shirts will be provided). For Tournaments- headgear, singlet and mouth guard (for braces). We supply the singlet, headgear and mouthguard available locally or online.

Contact info: Coach Carlo Giurini 708-426-4113 [carlog25@comcast.net](mailto:carlog25@comcast.net)

Visit us at: [www.bulldogwrestlingclub.org](http://www.bulldogwrestlingclub.org)

**“After you have wrestled, everything in life is easy”- Dan Gable, Olympic Gold Medal Champion and wrestling legend.**