

# Youth Wrestling

## BISON WRESTLING CLUB

***COME BE PART OF THE WORLD'S OLDEST  
SPORT, WRESTLING!***

- Kids ages 7-14 (1<sup>st</sup> - 8th grade)
- Experienced Coaches from Wheeling & BG high schools as well as College Wrestlers all USA Wrestling certified with back ground checks
- Everybody Wrestles , all sizes, no bench warmers
- Learn proper wrestling techniques
- Train Mon., Tues. & Thur. 6-7:30 & (Sat mornings for beginners 8 & under) Wheeling or Buffalo Grove High School
- Compete in weekly tournaments for team and individual awards
- Be part of a real team – The Bison Wrestling Team
- Increase Self Assurance & Confidence
- Develops both physical and emotional strength
- First practice Thursday November 14th, 6-7:30

Buffalo Grove High School Field House

**\$ 150.00 Fee Includes** 20 weeks of instruction/coaching,  
T-shirt, use of singlet, warm up, shorts, headgear, shorts



### **REGISTRATION & INFORMATIONAL MEETING**

Tuesday Nov. 12th @ 6:00 p.m.  
Buffalo Grove Field House

You can also sign up through the  
Buffalo Grove Park District

Questions:

Dave Durlacher 847/970-5431  
Vivian Smith 847/541-9433

Check out our web site@

[www.BISONWRESTLING.ORG](http://www.BISONWRESTLING.ORG)