

www.HeightsWrestling.com

Heights Wrestling Club

20101 Lyons Road Boca Raton FL 33434



USA Wrestling Club

Attention Potential Club Member: The Heights Wrestling Club is starting its 4th year and is looking for any kid interested in learning the techniques of one of the oldest sports in the world as well as being disciplined, determined, and goal-oriented to become a future champion on and off the mat!

Club Coach: Boomer Mears – Head Wrestling Coach, Olympic Heights High School

Ages: Cannot be younger than 7 years of age and cannot be older than a senior in High School.

Requirements: Any individual interested in being a member must be present with a valid *USA Wrestling Card*. This card can be purchased at <http://www.floridausawrestling.org> under the Online Services, click on USA Membership.

Where: OHHS Wrestling Room – Olympic Heights High School, Rm 6116 on the northside of campus by the baseball field. The outer doors are the only black doors on campus.

When: Monday and Wednesday

Cost: *Session I:* Nov 14th – Feb 25th - \$50 for the year
Session II: Apr – Jun – Free if paid in November/\$50 otherwise
*Please make checks out to: Heights Wrestling Club

Club Focus:

- Basic Fundamentals
- Winning Takedown Techniques
- Pinning and scoring combinations
- Escapes, Counters and reversals
- Winning strategies and goal setting techniques
- Drilling
- Live Wrestling

For more information please contact Coach Mears

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