

# Competitive Edge **WRESTLING DAY**



Sunday, DECEMBER 12  
9 a.m. - 12 Noon at  
**SOUTHINGTON HIGH SCHOOL**

**FOR: ALL Connecticut Youth Wrestlers** (Elementary and Junior High), Coaches, Parents

**WHAT:** A Day of Wrestling ... Learning ... and Fun

- ★ Wrestling Technique
- ★ Wrestling Rules
- ★ Wrestling Games
- ★ Wrestling Fun

The Competitive Edge Wrestling Camp and Athletic Wear is Sponsoring a **FREE WRESTLING DAY** for Connecticut Youth Wrestlers, Coaches, and parents. Our goal is to provide a great day of wrestling technique, and wrestling games. Several teaching stations will be set up and wrestlers will rotate from station to station during the day. ***All staff will be provided by the Competitive Edge and all instruction will be age appropriate, geared toward the youth wrestler.***

**COACHES** ... Learn technique, get ideas for practices, question and answer period.

\* Wrestling Shoes, Head Gear, shorts, shirts, hats, bags, and more will be available for purchase.



**Questions - Call Ken DeStefanis at  
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