

HAZEL CREST PARK DISTRICT WRESTLING

Hazel Crest Park District wrestling training camp is a 5-week program that is designed to help young children and teens learn the fundamentals of folk style wrestling. This program will introduce the basic concepts of wrestling for those who are new to the sport. It will also prepare those that will be interested in pursuing wrestling as a sport. The instructor will demonstrate:

- ✓ Wrestling Techniques
- ✓ Intensive Wrestling drills
 - ✓ Self-Defense
 - ✓ Team Leadership
- ✓ Weight Management
 - ✓ Discipline

Ages: 5-16

Camp Begins: September 4, 2017- October 9, 2017

Fees:

\$70.00 Residents/ \$75.00 Non-Residents

\$65.00 Returning Wrestlers:

Practice Days/Location:

Monday & Wednesday

@Hazel Crest Rec Center

(2701 170th Street, Hazel Crest, IL)

Min: 5 Max: 25

Last day for registration is September 2, 2017



Register at Hazel Crest Park District

2600 W 171st Hazel Crest, IL 60429

708-335-1500

For more information contact coach

Eddie 708-539-2544

