

Fun Facts About Wrestling

- Oldest sport in the world
- Lower concussion and injury rate than soccer
- Canada is a world leader in Women's Wrestling
- Thirteen Post-Secondary Schools in Canada offer Wrestling Scholarships
- Wrestling ranks #1 amongst all sports for development of physical literacy
- Participation is open to anyone regardless of age, race, gender, height, weight, physical abilities
- Teaches self reliance, builds self confidence and lowers anxiety
- Teaches self-defense without punching and kicking



Westsider Wrestling Summer Camp 2019



World Champion Justina Di Stasio with Westsider Kids Program

Details:

July 15-19, 2019 8:30am - 3:00pm

Ages 5-12

\$350

Register Online at:

westsiderwrestling.com/registration

Pickup and Drop Off at:

Kitsilano Secondary, 2706 Trafalgar Street

summercamp@westsiderwrestling.com

I swear it upon Zeus an outstanding runner cannot be the equal of an average wrestler – Socrates



ODLUM BROWN
Chris Thom
Portfolio Manager



Sponsors

What is Westsider Wrestling?

We are a non-profit Wrestling Club that offers programming for kids from K-12. We use a mixture of gymnastics, physical games and age appropriate activities to create a fun environment for kids to develop their physical literacy. We aim to create an inclusive environment for kids to play a sport and have fun, regardless of their ability or experience.



What happens at the summer camp?

The camp will be run by the coaching staff and wrestlers from SFU.

Indoor Activities:

- Gymnastics
- Physical games
- Dynamic warmup
- Age appropriate technique
- Supervised lunches

Outdoor Activities:

- Exploring local parks and beaches
- Flag Rugby
- Soccer
- Frisbee and kites
- Picnics
- Other fun summer activities



Interested but can't make the summer camp?

Not a Problem

Our season goes from November to February. Typically the kids come once a week with their age group and practice. Each practice is designed around the age and ability of the children. Younger kids play more games and older kids learn a bit more technique. Each practice starts with a good warmup that includes rolls and other gymnastics, then some wrestling related techniques and games like British Bulldog which is always a favourite. The season runs for 16 weeks and costs \$125 which includes a t-shirt and registration with BC Wrestling.

For more info please visit:

www.westsiderwrestling.com