



# USA Wrestling Chartered Club

Wrestling is for Boys and Girls of all ages!  
Kids (Kinder thru 5th grade), Junior High  
School and High School Wrestlers!!



[www.3gwrestling.org](http://www.3gwrestling.org)

It's time for **SUMMER WRESTLING!!** We are a year around Club, running 4 seasons (spring, summer, fall and winter).  
**The Summer Season Starts Monday June 17th, 2019.**

*You can sign up any time! Competition (optional) Tournaments on weekends*

**Folkstyle, Freestyle and Greco-Roman Wrestling** (ages 5 thru 17 yrs.)

Practices are held at Bonita High School in the Wrestling Room (OLD GYM) Practices run on Monday and Wednesday nights— **From 6:00 to 7:30 pm!!**

*\*The Summer Season focus is Folkstyle Wrestling technique (USA Wrestling Card Required).*



**3G Wrestling.....Where GO GO GO is not only encouraged but an expectation!!**



**3G Wrestling is part of the 3G Kids Club, which is a NON-PROFIT Youth Sports Organization!!**

**USA Wrestling Membership: \$52.00**

*USA Member in mandatory— if you already have one, they are good for the year.*

**Summer Season Fee: \$50.00**

**Summer Season— June 17th thru August 7th**

**\*New Member Sign up is: \$102.00**

*3G Wrestling is a USA Wrestling Charter and follows the CAGWA Tournament Schedule*

**What to look forward to this season!!**

*A consistent practice schedule, wrestling technique and drilling PLUS tons of live wrestling..... Come Join the FUN!!*

**Contact Information**

**Club Director/Head Coach:  
Brian Sandmark**

**Phone: (909) 538-5774**

**Email:  
[coachsandmark@3gwrestling.org](mailto:coachsandmark@3gwrestling.org)**

**Improve YourSELF**

Self-Esteem  
Self-Confidence  
Self-Discipline  
Self-Motivation

**Practice Schedule**

- Mon/Weds from 6:00 to 7:30 pm**
- 6:00 to 6:30— Warm up, stretch & condition
- 6:30 to 7:00— Wrestling Technique & Drill
- 7:00 to 7:30— Live Wrestling