



School Programs



Wrestling is a specialized sport and not all physical education teachers feel confident enough to teach this very technical and precise activity. American wrestling company takes steps to provide the skill sets necessary to conduct these classes safely.

AWC is designed to augment and enhance your present physical education program. This program will allow athletes of all levels to be exposed to the fairness and equality of the sport of wrestling through fun, fitness and fundamentals.

The increased level of safety is reached through modifying class management. The class is broken up into unique groups. Each group is given detailed instruction and drilled on the safety procedures for each activity..

Note: If you are a French Immersion School please notify us and we will do our best to provide a bilingual instructor.



- **Equipment We Provide:**

wrestling mats, floor mats, Wrestling equipment, **Program Length:**

We try to follow the school's existing gym schedule. Classes are 30 to 40 minutes long.



- **Program Cost:**

\$8.50/student ; *Schools under 200 students have a specific cost based on a one week program.*

There are Two options for length of the program:

- *** * One week consecutively Monday to Friday, schools under 200 students there is a specific cost.**
- ***Two week consecutively Monday to Friday**
- ***If a school has More than 400 students more weeks are possible.**

A wrestling Workshop Designed for Teachers

Excellent as a Professional Development Day Workshop

A specialized program designed with step by step instruction along with student demonstrations to meet your schools individual needs. Instruction on how to maximize space, equipment as well as specialized safety techniques() will be highlighted. This also includes a Two week program with a skill calendar.

- **Cost:**

For a **Two hour to three hour workshop—\$600.00**

Contact Info

For immediate assistance please contact:

American Wrestling Company.

New Westminster, BC

theamericanwrestlingcompany@gmail.com

604.612.4733