



## Spring Wrestling Session 2023

In conjunction with the Folsom Athletic Association (FAA) and the Folsom High School (FHS) Wrestling Team, the Mad Dawg Wrestling Club has been created. It will be open to all boys and girls ages five and older. Wrestling instruction will be geared for the beginner as well as for the high school veteran. The training sessions will stress proper wrestling technique and physical conditioning which may include stretching, running and weightlifting. The club staff is comprised of experienced coaches from FHS and from Sutter Middle School. Supporting the adult coaches will be members of the FHS wrestling team. This is a unique “peer coaching” concept in which teen athletes work directly with younger children as positive role models. Wrestlers generally practice in shorts, t-shirts, wrestling shoes or sneakers. For those wanting to compete, Mad Dawg will be traveling to local wrestling tournaments on Saturday mornings. More information will be provided at the practice sessions.

**WHO:** Boys and Girls in grades K-12th

**WHEN:** February 28th through May 30th

**DAYS:** Tuesday, and Thursday evenings

**TIME:** Grades K-6<sup>th</sup> (beginners and novice)-5:00 pm to 6:00 pm

Grades 6<sup>th</sup>-12<sup>th</sup> (intermediate and advanced)-6:00 pm to 7:30 pm

**WHERE:** Folsom High School, Wrestling Room. 1655 Iron Point Road

**FEE:** \$150/wrestler for the season (\$100 for other siblings)

**For more information, go to our website: [maddawgwrestling.com](http://maddawgwrestling.com) or please contact:**

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