

# ROCHESTER WRESTLING CLUB



“WRESTLING, TRAINING FOR THE REST OF YOUR LIFE!” - KEN CHERTOW

**SIGN UPS ON SEPTEMBER 21<sup>ST</sup>, 5-8PM @ ZEBBY!  
GRADES K-8**

**ZEBRA WHITE:** FOR THE BEGINNING WRESTLER WITH 0-1 YEARS OF PRACTICE EXPERIENCE. 1 PRACTICE/WEEK. \$15/WRESTLER

**ZEBRA BLACK:** FOR THE NOVICE WRESTLER WITH 1-2 YEARS OF PRACTICE EXPERIENCE. 2 PRACTICES/WEEK. \$25/WRESTLER

**ZEBRA GOLD:** FOR THE ADVANCED WRESTLER. 2+ YEARS OF PRACTICE OR COMPETITIVE EXPERIENCE. 3 PRACTICES/WEEK. \$100/WRESTLER

## WHAT ARE WE ABOUT?

Our program is designed to help each young person under our care become the absolute best version of themselves that they can be...at home, in the community, in the classroom, and on the wrestling mat. While every athlete wants to win, winning is secondary in our program. We emphasize and teach the skills of hard work, discipline, goal setting, mental toughness, physical toughness, and being a great student. We develop a culture that allows each wrestler to help his teammates rise to a high level of personal excellence. Through this culture, we believe, “winning” will take care of itself. Rochester Wrestling believes that our program is truly “training for the rest of your life!” and we have the proof to back it up! Come join us on Wednesday, September 21<sup>st</sup> and we’ll show you!

Questions?

Call Head Coach Clint Gard at 574-223-2176 (4216) or email at [clint.gard@zebras.net](mailto:clint.gard@zebras.net)