

JOIN THE MIRALESTE BOOSTER WRESTLING CLUB



Students will focus on skills that will help them prepare to train at a high school level for wrestling including basic takedowns, basic stand-up techniques, basic pinning combinations, and basic calisthenics and gymnastics for strength conditioning. Students will mostly focus on footwork drills and partner drills to teach the techniques. Students will have the opportunity to spar with each other to show how much they learned. Learn about the mentality of wrestling another person such as having confidence, patience, and assertiveness when dealing with other people.

DATES: TUESDAYS & THURSDAYS

MARCH 25TH – MAY 22ND

NO CLASS APRIL 8TH & 10TH

TIME: - 3:15 – 4:30 p.m.

LOCATION: Quest Room

COACH: Gabor Nemeth

PRICING: \$140 Booster Club Members / \$160 Non-Members

To sign up online go to the mis.pvpusd.net webpage. **Click on booster club link. Scroll down to the after school club link. Click on link and sign up for the club and complete the permission forms.**

Pay by Cash or Check. Make checks payable to: Miraleste Booster Club. Place your student's name and club name on check description. Bring to Ms. Buono in the front office for receipt.

To pay by Credit Card, please email buonot@pvpusd.net for a payment link.

- Participants must cooperate with the coach and follow directions and plans.
- Participants can be dropped from the program for failure to follow the rules and directions of the coaches. No refund will be provided if rules are not followed.
- Refunds will be given if the minimum number of students for the program is not reached.
- Refunds can be given to any participant who has an injury or prolonged illness if a doctor's note is provided.

*suggested donation to support club offerings and costs. Financial support is available. Please contact boosterpresmis@gamil.com for more information.