

LOUDOUN, LET'S WRESTLE!



Wrestling is booming in Loudoun County with hundreds of elementary and middle school kids joining the “world’s oldest sport” in the past year. Several great clubs serve our area, and Loudoun is home to *Top of the Podium*, one of the premier youth wrestling facilities in the nation. Wrestling is very popular in nations like India, Russia, and Iran, along with many regions of the USA. Now, it’s sweeping Virginia!

Is Wrestling For You?

You don’t need to be tall, big or fast. Great wrestlers come in all shapes and sizes! Of course, wrestlers are among the most respected of all athletes. This sport develops mental and physical toughness, strength, conditioning, athleticism, discipline, flexibility, and more. It’s a fantastic foundational sport for all athletes, especially football players.

FREE “INTRODUCTION TO WRESTLING” PRACTICES

(check web site below to RSVP and for more details)

<i>Park View HS (Oct 9 @ 5 pm)</i>	<i>Top of the Podium (Oct 16 @ 7 pm)</i>
<i>Briar Woods HS (Oct 9 @ 6:30 pm)</i>	<i>Riverside HS (October 21 @ 6 pm)</i>
<i>Dominion HS (Oct 12 @ 7 pm)</i>	<i>Freedom HS (Oct 23 @ 1 pm)</i>
<i>Top of the Podium (Oct 14 @ 7 pm)</i>	<i>Stone Bridge HS (Oct 23 @ 6:30 pm)</i>
<i>Rock Ridge HS (Oct 16 @ noon)</i>	<i>Potomac Falls HS (Oct 30 @ 2-4 pm)</i>

We invite boys and girls ages 7-14 to attend an “Introduction to Wrestling” event (teams for younger children are described on web site below). At these events, you learn about the sport, meet youth and high school coaches, and actually get to wrestle—so bring your friends! Parents are welcome to watch. Wrestling season runs from mid-November thru February, so this is a fantastic way to find out if your child wants to join a team this winter.

Your child may love the physical contact—after all, kids have been wrestling for thousands of years. And who knows? Perhaps your son or daughter will become a state, NCAA, or Olympic Champion! For more information about the great youth clubs serving Loudoun County, please visit:

www.topofthepodium.org

