



Hollis Recreation and HBHS Wrestling

Hollis Recreation is excited to partner with Hollis Brookline HS 7 time State Champion wrestling team to offer a recreation program for boys and girls in grades 4-6. Our HBHS award winning coaching staff along with current State Champion high school wrestlers will teach basic foundational wrestling moves and rules to help introduce and prepare local kids for middle and high school wrestling.

Wrestling kicks off December 3rd and will run through February 20th from 6:30-8:00pm on Tuesday and Thursdays in the high school gym. Cost is \$55.

Why should you consider wrestling for your kids? There is no more inclusive sport than wrestling, every MS and HS student that wants to wrestle makes the team. Girls wrestling is the fastest growing HS and collegiate sport in the country and NH has a girls only state tournament. Wrestling empowers young people to feel confident owning their physical space and it takes real courage to step onto a mat in front of your peers. Wrestling does not require your child wear a singlet, in fact many MS and HS wrestlers prefer wearing the shorts and t shirt uniform. If your child is serious about sports, wrestling teaches body control and leverage in ways that translate across all sports.

Understanding the basics of wrestling prior to HBMS provides an enormous advantage for your athlete. This program will be taught in such a way that focuses on keeping it fun while introducing the foundational basics and rules of the sport.

For information on HBHS Wrestling <https://sites.google.com/sau41.org/hollis-brookline-wrestling/>

Register at [Recreation Programs | Hollis NH](#)

This is not a school sponsored activity