

# BOYS WRESTLING CCHS



## WHO CAN JOIN?

Wrestling has no limits, anyone is welcome to join and can be a significant part of the team.

## PRACTICE

Practices are held everyday at the gym. Be sure to be ready and on time ready to practice



## EVENTS

We will be competing, and traveling to different locations. If you are the best of the best be prepare to compete with other top athletes in kern county

## PURPOSE

The purpose of wrestling is to gain points by dominating and pinning your opponent to the ground using strategic takedowns, escapes and reversals.

