

RWC

Rebel Wrestling Club

Grades K-6

Train like a Champion



Practices: Tuesdays and Thursdays 6:00pm-7:30pm

Location: Willoughby South High School Wrestling Room

Competitions: Sundays at varying location

Benefits of Wrestling

Builds strength, balance, and coordination

Boosts self-confidence and mental toughness

Provides a positive outlet for energy

Develop problem-solving & perseverance

Teaches goal setting and how to overcome challenges

Builds friendships and community with teammates

**Sign up on the Willoughby
Parks and Rec Website**

Cost:

\$105-110

Includes: Team T-Shirt and singlet

Bring: Headgear and wrestling shoes



Email Coach Canale with any questions at
Rebelwrestlingclub22@gmail.com