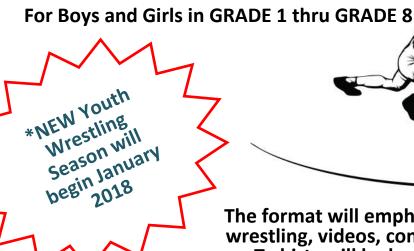
BRUNSWICK PARKS & RECREATION DEPARTMENT 2018 PRESEASON WRESTLING*

"TAKE DOWN" WRESTLING PROGRAM

November 6th-16th, 2017



Parent(s) Name (Please Print) ___

ALL Abilities and Experience levels welcomed.
Come Join the Fun!

The format will emphasize takedowns with drills, live wrestling, videos, conditioning and strength training.

T-shirts will be handed out at the last practice.

Sign up in our office or online! www.brunswickme.org/parkrec
8 Sessions over two weeks Monday thru Thursday Nights
Beginning Monday November 6th - Ending Thursday November 16th
5pm-7pm at the Brunswick Parks & Recreation Department

Volunteer Coaches: Dr. Richard Giustra & Jeff Dolley

2017 Preseason "TAKE DOWN" Youth Wrestling Program Fee: Brunswick Residents: \$35 Non-Res: \$46 Child's Name				For Office Use Date Amt\$ Computer □ 226260
Date of Birth	Male □ Female□ Height	Weight	Wrestling Experience_	
School	Grade	_Email		
Day Phone	Evening Phone		Cell Phone	
Allergies/Physical	or Emotional Limitations			
Person to call in case of emergency: Name		Phone		
Down Youth Wrestli	ny child permission to participate in the ing Program. I understand that photo ation Department for promoting program.	ographs taken of P	arks and Recreation Programs	may be used by ers or web page
Signature of Pare	nt/Guardian		4	LIKE US ON