

BRUNSWICK PARKS & RECREATION DEPARTMENT 2018 PRESEASON WRESTLING*

"TAKE DOWN" WRESTLING PROGRAM November 6th -16th , 2017

For Boys and Girls in GRADE 1 thru GRADE 8

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



*NEW Youth
Wrestling
Season will
begin January
2018

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

For more info or questions, email Coach Giustra: rgiusta59@yahoo.com

---✂---Detach here and return to the Brunswick Recreation Center, 220 Neptune Drive, by November 3rd.

2017 Preseason "TAKE DOWN" Youth Wrestling Program

Fee: Brunswick Residents: \$35 Non-Res: \$46

Child's Name _____

Address _____ Town _____ Zip _____

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 _____

For Office Use

Date _____

Amt\$ _____

Computer

226260

As a parent, I give my child permission to participate in the Brunswick Parks and Recreation Department Fall 2017 Take Down Youth Wrestling Program. I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature of Parent/Guardian _____

Parent(s) Name (Please Print) _____

