



American Fork City and American Fork High
Wrestling Present:

AF High Introduction to Wrestling Camp & Throwdown Wrestling Club

American Fork High Introduction to Wrestling Camp Details:

Summary: This is a 3-week program to introduce kids to the basics of wrestling. The kids will be taught by AF High School Coaching Staff and Wrestlers.

Date of First Practice: Tuesday, October 13

Cost: \$20 Register On-Site (Make Checks Payable to AF High School)

Practices: Tuesday and Thursday 6-7 PM

Location: AF High School Wrestling Room

Grades: Pre-K-6th Grade

Throwdown Wrestling Club Details:

Summary: Throwdown Wrestling Club is an opportunity to introduce your child to competitive wrestling. The club works with all skill level of wrestlers. It is encouraged, but not required to attend the AF High Intro to Wrestling Camp. This is a great place to start and a great place to help develop into a competitive level.

Registration: Online registration is available at:

www.rockymountainwrestling.com

Registration Deadline: October 15 for first order- November 15 for second order. More details available at www.rockymountainwrestling.com

Date of First Practice: Monday, November 2 @ 5:30 PM

Practice Frequency: Practices are held on Monday @ Orem High and Wednesday @ Mt. View High School at 5:30. Tuesday and Thursdays are at American Fork High School @ 6:00. Wrestlers are required to attend two practices at any of the four opportunities each week to advance through competitive levels.

Grades: Pre-K-6th Grade

Note: It is not a requirement, but it is encouraged to attend the American Fork Introduction to Wrestling Camp to wrestle with the Throwdown Wrestling Club.

Visit www.rockymountainwrestling.com for complete details.