



Neshaminy Youth Wrestling & Cheerleading



neshaminyyouthwrestling.com

Why Wrestle for Neshaminy?

All get the same chance to participate – In league competition we match all our wrestlers up against opponents equal in size, experience, and ability. There is no sitting on the bench watching, while other kids play the whole game in the best positions.

It builds character – You are out there by yourself with an evenly matched opponent. Anyone who works hard enough can achieve success.

It is great conditioning – No sport builds strength, stamina, speed, coordination, agility, and pure guts like wrestling.

It is an excellent form of self defense – Wrestling is an extremely effective way to teach children to protect themselves, without having to punch or kick. It is used by police departments to effectively subdue suspects without hurting them.

It builds confidence – The feeling of accomplishment after a hard fought match is unlike that found in any other activity.

We have an excellent staff - Four of our coaches are current or former high school wrestling coaches. We also bring in awesome guest clinicians (at no extra cost)! Check the web site for last year's clinicians and check back in November for those coming this year.

We are the feeder program to the High School team – One night per week, the Neshaminy High School coaches and their wrestlers will be in the room teaching the techniques they want the kids to know for high school competition and working out with the kids.

No other club offers as much for as little – For only \$80 you get four months of excellent instruction three nights per week, six weeks of league matches followed by an end of the year tournament championship, ½ off on at least five outside tournaments, ½ off on summer wrestling camp, free admission to all home high school wrestling matches, 20% off on all wrestling equipment & DVD's through Wear & Gear, and a team T-shirt, shorts, and singlet. **That is over a \$500 value!** We are able to do this through outside sponsorship. If you bring in \$300 in sponsorship, your whole family participates for free.

Opportunities to compete at the highest levels – For our more advanced and middle school wrestlers, we are looking to form a Neshaminy All-Star Dual Team. And for the best wrestlers in the league, you will get a chance to wrestle off for the Inter-County Elite Team and participate in weekly practices with the very best wrestlers gathered from 44 different teams. Again, at no extra cost!

Fill out the back of this registration and mail it in or register in person in front of gym 3 Oct. 3rd, 14th, or 22nd. Wrestling shoes, headgear, and knee pads will be available for sale at registration.

For more info go to neshaminyyouthwrestling.com or call 215-768-4273.

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