

# Central Massachusetts Youth Wrestling

ELEMENTARY AND MIDDLE SCHOOL  
BOYS AND GIRLS ARE WELCOME



## **BENEFITS OF WRESTLING**

A Sport For Anyone, regardless of body type or gender

Opponents are based on weight classes to avoid unfair advantages

Sportsmanship - Learn the value of respecting your opponents

Finding Inner Strength - Learn how to fight through adversity

Character Building - Learn how to win and lose with dignity and respect

Many college programs offer scholarships for wrestling

Please email us at

[centralmasswrestling@gmail.com](mailto:centralmasswrestling@gmail.com)

Include your child's name, age, grade, and school  
if your child is interested

Please also include a cell phone # to receive text updates

INFORMATION NIGHT  
Date and time TBD