



## Sign Up Now!



@Lethbridge\_Wrestling



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## Holy Spirit School division Wrestling Program

### When & Where



**November 14th - March 15th**  
Excluding holidays



**Tuesdays and Thursdays**  
**5:30-7:30 PM**



**SAINT FRANCIS FITNESS  
CENTRE**

Registration details can be found through the link in our profiles @Lethbridge\_Wrestling. More details are included like what to expect and the practice schedule available in registration including payment method(s). Registration includes 1 Lethbridge Wrestling sweater per participant and all regular practices.

REGISTRATION LINK:



## "AFTER WRESTLING EVERYTHING IS EASIER."



@Lethbridge\_Wrestling

## Introduction

Welcome to the Lethbridge Wrestling Program, where strength, agility, and resilience are built from the ground up! Are you ready to discover a sport that challenges both the body and mind, while fostering lifelong skills and friendships? Wrestling is more than just a sport; it's an empowering journey that teaches many valuable life skills. Join us, and step onto the mat to unleash your potential and become part of an incredible community! Parent Meeting will be held on Monday November 4th 7:00pm at Catholic Central High School



## What You'll Learn

01

Physical Fitness and Coordination

02

Discipline and Focus

03

Confidence and Self-Esteem

04

Teamwork and Sportsmanship

Supported by:



**Our Coaches**

## Learn from the Best

Our wrestling programs are guided by trained and NCCP certified coaches who bring their elite-level experience and passion for wrestling to every practice. These accomplished mentors not only teach the technical aspects of the sport but also inspire young athletes to love their sport and in turn their lives and to see every hurdle as an opportunity to learn. Training under the supervision of our coaches offers our participants a unique opportunity to learn from those who understand the journey firsthand and can provide invaluable insights into what it takes to succeed.