

The BWC had  
**TWO NATIONAL CHAMPIONS**  
Last Year!



USGWA



Build your sons or daughters  
confidence, strength and  
character!



## What We Are All About

Bulldog Wrestling Club (BWC) is a chartered member of the Illinois Kids Wrestling Federation (IKWF). We are proud to offer a competitive junior wrestling program to the boys and girls of Riverside-Brookfield High School District 208 and nearby suburbs.

We offer a comprehensive athletic program that stresses wrestling fundamentals, discipline, character building, conditioning and teamwork. The Bulldog Wrestling Club is a challenging and competitive instructional wrestling program **for boys and girls ages 7 through 14**.

### Where:

Practices are held in the recently remodeled RBHS wrestling room. We practice twice per week on Tuesday and Thursday evenings from 6:15pm to 8pm. Experienced wrestlers practice three times a week in the second half of the year. Practice for the 2011-2012 season will start in the beginning of November.

### When:

The season begins in November and ends in February.  
Tournaments are generally held on Sunday mornings at local High Schools. Participation at Tournaments is optional but highly recommended. There are 8 to 12 Tournaments for experienced members and 1 or 2 Rookie (1<sup>st</sup>/2<sup>nd</sup> year wrestlers) Tournaments per season.

### Cost:

The cost to join is \$200 for the season. Wrestlers will also have to purchase an IKWF Membership Card (Insurance) for \$40. **All IKWF Tournament Fees are included**, which can pay for the cost of membership over the course of the season! There is also a **significant membership fee discount** for families when more than one wrestler signs up.

Equipment needed for practice - wrestling shoes and sweats/shorts. (2 BWC Practice Shirts will be provided). For Tournaments - headgear, singlet and mouth guard (for wrestlers with braces). We supply the uniform singlet required for participation in the tournaments (with a refundable deposit), while the optional headgear and mouthguard are available locally or online.

Contact info: Coach Carlo Giurini 708-426-4113 [carlog25@comcast.net](mailto:carlog25@comcast.net)

Visit us at: [www.bulldogwrestlingclub.org](http://www.bulldogwrestlingclub.org) and [twitter.com/bulldogwrestle](https://twitter.com/bulldogwrestle)

*"After you have wrestled, everything in life is easy" - Dan Gable, Olympic Gold Medal Champion and wrestling legend.*

Interested in helping out, either on the mat or behind the scenes? Let us know!  
Together we can make the club even more successful and fun for both the kids and the families!

The BWC is also looking for sponsors! Please contact us if you are a local business or civic group that is interested in supporting a good cause and promoting your organization.



**UFC CHAMPION  
RANDY COUTURE**

One of our coaches trained with Randy at the Olympic Center!



Hustle, Loyalty, Respect - all part of the wrestling way



**WWE SUPERSTAR  
JOHN SENA**

# IT ALL BEGINS HERE...

Youth Wrestling for ages 7 through 14

Take the first step towards being a champion yourself!

Wrestle in the brand-new RBHS Wrestling Center!



Be ready for what life hands you, in school and on the street! Build your strength and confidence, and get ready to Rule The School!

[www.bulldogwrestlingclub.org](http://www.bulldogwrestlingclub.org)

Dedication, Determination, Desire - all learned through wrestling

**OLYMPIC CHAMPION HENRY CEJUDO**

Special Thanks To Our Sponsors! They Make The BWC Possible!

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