

# Introduction to WRESTLING

*A special trial practice and information session hosted by the Bandits Wrestling Club and the Robinson and West Springfield High School Wrestling Teams*



**“The World’s Oldest Sport” is a fantastic platform for children of all abilities to develop confidence, discipline, personal accountability, and a healthy competitive spirit in a supportive and fun environment.**

The Northern Virginia Wrestling Federation (NVWF) has been promoting youth wrestling since 1966. Throughout the winter athletic season, the NVWF hosts weekly tournaments for wrestlers of all abilities from more than 25 youth wrestling clubs across northern Virginia.

The Bandits Wrestling Club is an active member of the NVWF, primarily supporting wrestlers from Elementary and Middle Schools within the Robinson, Woodson, and West Springfield School pyramids.

## Introduction to Wrestling Sessions

**Robinson Secondary School, Wednesday, September 21 @ 6:30 – 7:30 pm**

**West Springfield High School, Wednesday, September 28 @ 6:30 – 7:30 pm**

All children in grades K-8 are invited to attend any or all of the free events listed above. Learn about the sport, meet local High School Coaches and representatives of the Bandits Wrestling Club, and wrestle!

For additional info, visit our webpage at [banditswrestling.com](http://banditswrestling.com) or email us at [info@banditswrestling.com](mailto:info@banditswrestling.com)



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