

Hello Central Bucks Parents and students,

My name is Dan McAuley and I have been a wrestling coach and parent in our community now for the last 10 years. I have watched as many of our current high school wrestlers have grown into outstanding student athletes using the life lessons, they learned in our sport to guide them in their futures. Wrestling more than any sport your child can compete in teaches and instills:

- Overall mental and physical fitness.
- Good listening skills.
- Self-confidence and independence.
- Self-discipline and respect for others.
- The ability to cope and deal with failure.
- The value of hard work in pursuit of one's goals.
- Self defense (Wrestling is the Ultimate Martial Art)

In our sport it's not a matter of size, skill, or natural athletic ability. Champions come in all shapes and sizes. Talent is the result of pursued interest. No other sport allows your child to compete in a team atmosphere while allowing for individual achievement as wrestling.

Starting Friday April 21st, the CB Titan wrestling program we will be hosting a **"Free"** Friday night wrestle and play session for all interested students grades K thru 8 for **7 whole weeks**. These sessions will combine wrestling-based drills along with gymnastic style games to not only introduce the sport to your child but begin forging the basic skills of our sport into our future wrestlers.

NO EXPERIENCE is necessary.

Session will be held in the CB South Wrestling room as follows:

Starting Fridays 4/21

- Grades K thru 4 - Arrive 5:45 PM – Session from 6:00 PM to 7:00 PM
- Grades 5 & 8 Arrive 6:45 PM – Session from 7:00 PM to 8:00 PM

To register simply email Coach Dan @ dmcauley@cbsd.org

Be sure to include you child's:

- Name
- Grade
- School
- Parent contact information.

Dan McAuley

Head Coach

JR Titans - (Tamanend-Unami)

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267-614-6322

