

Southern Maryland Wrestling Club Spring 2002 Information Affiliated with USAW and AAU



Home based at Riverdale Baptist HS in Prince Georges County, SMWC has earned the title as Maryland's top ranked club having won over 30 Grand National Club Championships and many state and regional titles. SMWC is the 1993-2001 Maryland State MSHA Folkstyle Club Champion, the 2001 MD/VA Beltway Champion, and the 2001 East Coast Freestyle Club Champion. The SMWC All-Stars is the premier feeder program for high school wrestlers in the DC region.



SMWC's annual meeting and first practice of the spring season will be **Tuesday, March 5th, beginning at 7 pm**. Anyone is welcome to join the club. Club family dues are \$30 per calendar year, plus all wrestlers must have current USAW cards (available at practice or any



tournament). We welcome coaches and wrestlers from other area winter programs, as well as newer wrestlers who want to significantly develop their talent. Finding practice partners of quality is a difficult task, especially when trying to prepare for national level competition. We not only have wrestlers of all sizes and abilities, but with most other programs winding down by spring, SMWC practices continue to draw large numbers of serious wrestlers throughout the summer. Also, don't worry if you don't know

freestyle as we will gradually teach it during the first few weeks of practice.



Our program is both structured and challenging. We have a full complement of matches, team events, clinics, and tournaments to keep you busy during the spring and summer. Even then, we allow members to show when they can in order to accommodate those who participate in other sports programs.



While our new head coach will not be determined until the first practice, our coaching staff features some of the most respected coaching talent in this region. These are serious coaches. Each is well experienced in all styles of wrestling and have significant coaching and competition backgrounds.

Sign-ups are easy. Simply drop by a practice any night. Riverdale Baptist HS is located on MD Route 202 about 4 miles south of PG Community College and 5 miles south of the 495 beltway and

the US Air Arena. Additional information can be obtained by viewing our web site at <http://molasar.blackmagic.com/ses/wrest>