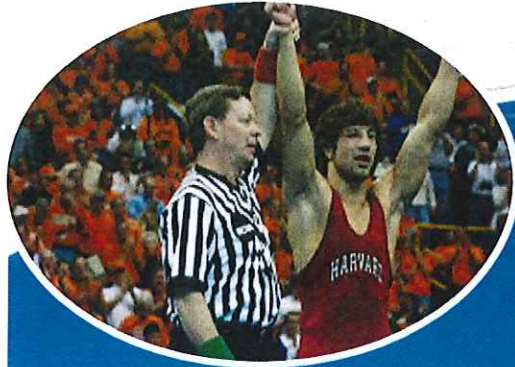


# Free Spring Cambridge Youth Wrestling Clinics



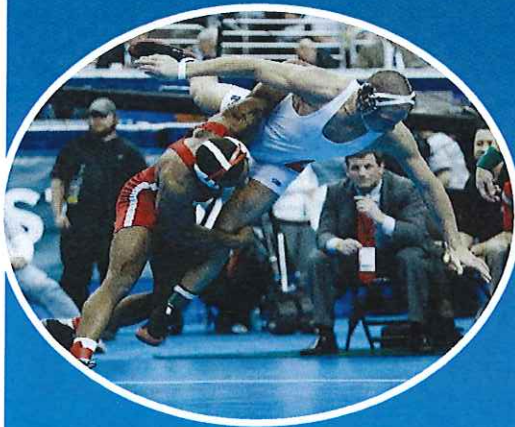
Come join us for the FREE Cambridge Youth Wrestling Clinic. This free clinic will be run by NCAA D1 All-American Andrew McNerney, CRLS wrestling coaches Sam Novod and Yves Lamitie, and current CRLS wrestlers.

The clinic will be for 5<sup>th</sup>-8<sup>th</sup> graders and will be used as a way to introduce kids to wrestling. The spring session will be hosted once a week on Saturdays from 2:45 to 4:30 at the War Memorial building (1640 Cambridge Street, Door #15) in the Multipurpose Room beginning April 9<sup>th</sup>. There will be NO clinic on April 16<sup>th</sup> due to the Science fair.



“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride.”

-Dan Gable



- Wrestling is one of the oldest, toughest, and most respected sports in the world. Due to all the rules it is also one of the safest.
- Wrestling is for kids of all size and shapes. Wrestling uses weight class to match competitors, so no one wrestles someone who is not their size.
- Wrestling will humble the best athletes and give pride to the less athletically inclined. Through wrestling, kids will gain self-discipline and will develop better work ethics, which can be applied to anything in life.
- Even if wrestling is not your main sport, kids will be better prepared for any competition. It provides, better balance, body control, and explosion, among other things.

For more information, please contact:

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