

*Maryland State Gym*  
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*Wrestling Program  
 For Boys*

## **Wrestling Program**

For boys ages 5 - 13 years old. From beginning to advanced techniques in wrestling.

Coached by local wrestling champion John Kotsis. No former wrestling experience is required. This program is specifically for boys that want to get stronger, more agile, and compete in tournaments.

### **Wrestling Coach John Kotsis**

John is 20 years old and has been wrestling for the past 10 years. He has wrestled for Anne Arundel County Schools with both Arundel Senior High and Junior High Schools. John teaches the basic concepts of wrestling to the more advanced concepts, along with strength and flexibility training.

John has wrestled under an all-star coaching staff of state and national champions such as Billy and Charlie Royer, Jim Rubush, Marty Kuwsic and Ryan Herwig. He is currently finishing up his first year coaching the Arundel Jr. Wrestling team. So far this season he has had four regional champions and three runner ups.

### **Accomplishments**

- Anne Arundel County Champion
- 1x Wi-Hi Champion
- Arundel Invitational Champion and 1x runner up
- Arundel Holiday Tournament Champion and 1x runner up
- 3x Delmarva Classic Champion
- Career record of 117 wins and 8 losses.

## Class Schedule

<b>Wrestling</b>	<b>Tuesday</b>	<b>Wednesday</b>
1.5 hour classes	(001) 6:00-7:30	(002) 6:00-7:30

# Pricing Chart

<b>Wrestling</b>	<b><u>2 x per week</u></b>
	<i>Price per Month</i>
1 month session	<b>\$45</b>