



Spring 2010 Registration Term IV

March 8th thru March 18th 2010

(www.sacac.com for more info)

WRESTLING Term IV



Character is fate

*Respect
Discipline
Confidence
Self Reliance
Mental Toughness*

Introduction to Wrestling	2 nd to 4 th grade boys/girls
Wrestling Development	5 th to 7 th grade boys/girls
Wrestling for Champions	8 th to 12 th grade boys/girls

8 Tuesday sessions plus 2 Saturday sessions

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Wrestling Federation of Singapore National facility

102 Upper Aljunied Rd

4:30 to 5:30 pm, Tuesdays

10:30 to 11:30 am, Saturdays

Bus transportation from SAS provided for Tuesday sessions only

Departs SAS 3:30 pm

Parents responsible for transportation after class

Fees: \$230

(includes one way transportation to facility on Tuesdays only)

Session Dates

<i>Tuesday Sessions:</i>	<i>April 13, 20, 27</i>	<i>May 4, 11, 18, 25</i>
<i>Saturday Sessions:</i>	<i>April 24</i>	<i>May 22</i>

The Wrestling Federation is the only sports federation in Singapore where your children can train under a 2 time Olympic Champion and 6 times World Champion, Sergei Beleglazov. He has coached and nurtured many athletes from around the world into becoming World/Olympic champions themselves. All WFS assistant coaches are a product of Sergei's system so he is supported with a talented and well grounded cast. Whether you are an aspiring wrestler, football player, martial artist, whatever your passion is, WFS can teach you to become a champion in life under one of the true pioneers of world sport. For more information, please visit their website at www.singaporewrestling.com

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