




706 S Pere Marquette Hwy.,
Unit 2, Ludington, Michigan
49431

To schedule a program or learn more please contact
Corey Ottgen at Hook_CatchWrestlingClub@yahoo.com
or call (517) 930-0031.

girl scouts 
of michigan
shore to shore

Program	Cost	Attendees	Other
<p>Intro to Wrestling: </p> <p>Did you know that Women's Wrestling is the fastest growing emerging sport? Girls who wrestle have a healthy body image, practice good nutrition, and even learn self-defense tactics. Introduce your Girl Scouts to wrestling at Hook & Catch Wrestling Club to learn skills and concepts that will powerfully build courage, confidence, and character like nothing else can!</p> <p>Freestyle/Folk Wrestling teaches fundamentals, takedowns, and positional wrestling along with 3setups for each takedown, how to defend each takedown and control the tie-ups. Girls will learn basic calisthenics that wrestlers need to be successful on and off the mat!</p>	<p>\$22/girl</p> <p>Non-participating chaperones free</p>	<p>6 girls minimum 20 girls maximum</p>	<p>Program duration approximately 1 hour.</p> <p>All ages eligible to attend if part of a multi-level troop. Specific age group content is available on request.</p> <p>Cost included GSMISTS Wrestling fun patch. Program can be used to work on other badges; completing and purchasing additional badges is the responsibility of the Troop Leader.</p> <p><i>Program is non-refundable if cancelled less than 10 days prior.</i></p>

