

Shark Wrestling Club Calendar

New members welcome!

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1-2 Tryouts, open entry		3 Chainmail sizing	4 11 18 25 Underwater mobility training	5
6	7 General strength training	8 Learning holds	9	10 Bite resistance training		12
13	14 Lower body strength training	15 22 Practicing holds	16	17 Breath holding training		19
20	21 Upper body strength training		23	24 Bite resistance training		26
27	28-30 Regional competition days			1	2	3
Membership is down since the last competition, so try to get the word out to as many people as possible! We always need more members, and anybody interested is welcome to join. Tryouts are the first of every month, and there's no fee! All you need to do is sign a waiver and display proof of insurance.						