



For those male wrestlers age 16 - 20 who are interested in a two-week international cultural exchange, Lorne Holmes is setting up a trip to go to Russia and train with some of the best wrestlers and coaches in that country. This trip will consist of touring and site-seeing in and around Moscow, plus intense training at the Olympic training centre in Moscow. This is an opportunity that does not come along very often and promises to be a "Great" opportunity to gain wrestling experience in one of the top wrestling nations in the world, not to mention a chance to experience another culture.

For more details please contact  
Lorne Holmes  
by  
Email at [lholfmes@imagewireless.ca](mailto:lholfmes@imagewireless.ca) or  
By tel: After 8:00 pm at 306 345 2090