



LUNCH BREAK PRACTICE

Wrestling Lunch Break YouTube channel is dedicated to bringing phenomenal techniques into your home or wrestling room. The main goal is to help those who don't have access to their normal wrestling coaches and facilities but also to raise money for non-profit organizations and those within the wrestling community which may need our help.

Watch/participate in the ZOOM practice provided on our site with 4X PIAA state champion Chance Marsteller. Find 3 things you liked that he showed and email them to us at myrmidonwrestling@gmail.com