



San Diego Swiss Club

72nd Annual Schwingfest

Saturday June 18, 2022

2001 Main St., Chula Vista, CA 91911

Come join us for our Annual Schwingfest.

SCHWINGEN (from German *schwingen* "to swing"), also known as

SWISS WRESTLING, is a style of folk wrestling native to Switzerland. Wrestlers wear Schwingerhosen with belts that are used for taking holds. Throws and trips are common because the first person to pin his opponent's shoulders to the ground wins the bout.

STEINSTOSSEN is the Swiss variant of **stone put**, a competition in throwing a heavy stone. Practiced among the alpine population since prehistoric times, it is recorded to have taken place in Basel in the 13th century.

EVENTS

- 10:00 Park Opens
- 10:30 Meeting with Wrestlers & Judges
- 11:00 Schwingen will begin
- 11:00 Game booths, Souvenir booth, and kids free games with prizes and candy along with a bounce house for the kids.

12:00 **LUNCH**
Served until approx. 4:00 pm



- Bratwurst or Barbeque Beef Plate \$15.00
(includes fruit & potato salad)
Veggie Burgers available
- Brat or Barbeque Beef with (roll only) \$10.00

CHILDREN'S LUNCH

- Hot Dog, Chips, & Fruit \$ 5.00
- Desserts & more (available)
- Landjager (at souvenir booth)

12:00 face painter & balloon artist will arrive

AFTER SCHWINGEN

Steinstossen (stone put) - for men, women, and children.

Schwinger Awards will be presented in the Swiss Club Hall.

ADMISSION into the Park \$10.00

Children 12 and under
and Schwingers are free

WRESTLING PRACTICE

Parents bring your boys & girls out to the Swiss Park! Wrestling practice will be Saturday, June 11th, at 10:30am.



You must have one practice in order to wrestle at the Schwingfest.

Please RSVP to Tony Odermatt at (619) 507-9754.

VOLUNTEERS

In order to make our day a success we need volunteers in our various booths from 11:00 to 5:00 or come early to help set up and clean up at the end of the day.



If you can help for 2 hours your lunch will be free.

Call Debbie Morris (619) 922-4474 or e-mail: dmmorris379@aol.com if you can help in any way.