



San Diego County Swiss Club 67th Annual Schwingfest Saturday June 18, 2016

2001 Main St., Chula Vista, CA 91911

Come join us as 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 Schwingenhosen 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.

EVENTS

10:00 am Park Opens

10:30 Meeting with Wrestlers & Judges

11:00 Schwingen will begin

11:00 Game booths, Souvenir booth, and free games with prizes and candy along with jumpers for the kids.

12:00 pm LUNCH

Served until approx. 5:30 pm



Bratwurst or Barbeque Beef Plate \$10.00
(includes fruit & potato salad)

Veggie Burgers also available

Brat or Barbequed Beef with (roll only) \$ 8.00

Children's Lunch

Hot Dog, Chips, & Fruit \$ 5.00

Swiss Desserts & more (available)

Landjager & Swiss Cheese (at souvenir booth)

12:30 pm face painter & balloon maker will arrive

After Schwingen

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

6:30 approx. Schwinger Awards will be presented in the Swiss Club Hall.

ADMISSION into the Park \$10.00

(Cash & checks only)

Children 12 and under are free

WRESTLING PRACTICE

Schwingen practice will begin

Sat., May 28th, and also June

4th, and June 11th at the Swiss

Park from 3-5pm. For information please

contact 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 am to 5:00 pm

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.

