



# San Diego County Swiss Club 68th Annual Schwingfest Saturday June 17, 2017

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 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 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 jumpers for the kids.

12:00 LUNCH  
 Served until approx. 5:30 pm



- Bratwurst or Barbeque Beef Plate \$12.00  
 (includes fruit & potato salad)  
 Veggie Burgers avail.  
 Brat or Barbeque Beef with (roll only) \$10.00

### CHILDREN'S LUNCHES

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

12:30 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

Children 12 and under and Schwingers are free.

## WRESTLING PRACTICE

Wrestling practice will be . . .

Sat., May 27th, June 3rd, and June 10th 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 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.

Thank you!