



# San Diego Swiss Club

## 73rd Annual Schwingfest

### Saturday, June 17, 2023

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.

### Day Schedule

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

12:00 Face painter & balloon artist

#### 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

Veggie or reg. hot dog, chips, & fruit \$ 5.00

Desserts & more (available)  
Landjager (at souvenir booth)

#### AFTER SCHWINGEN

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

Schwinger Awards will be presented in the 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, May 20th, at 2pm. If you are new, be sure to come. More practices will follow!



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 more than 2 hours your lunch will be free.

Call Debbie Morris (619) 922-4474 or e-mail: [dmorris379@aol.com](mailto:dmorris379@aol.com) if you can help in any way.

Thank you!