

San Díego Swíss Club 75th Annual Schwingfest Saturday, June 21, 2025

2001 Maín St., Chula Vísta, CA 91911

Come join us for our Annual Schwingfest. SCHWINGEN (from <u>German schwingen</u> "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.

12:00 Face painter & balloon artist



Served until approx. 4:00 pm

LUNCH

Bratwurst or Barbeque Beef Plate \$17.00 (incl. – fruit, green salad & potato salad) Veggie Burgers available Brat or Barbeque Beef with (roll only) \$12.00

kids lunch

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

Desserts & more Landjager & Cheese (available) (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

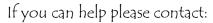
Men, boys & girls come on out to the Swiss Park! Wrestling practice will be Sat., June 7th and June 14th at **11am** and **2pm**.

For questions contact Ernie at 619–623–2737 or Tony 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 Fri. set up or Sat. to help set up and clean up at the end of the day.



Debbie Morris - email: dmorris379@aol.com Thank you!