

Cultural Exchange Trip 2026—Puerto Rico



Experience beautiful Puerto Rico. We will wrestle with several clubs in the San Juan area as well as check out many of the sites Puerto Rico has to offer.



-The Indiana State Wrestling Association is offering a cultural exchange trip this summer for 10 middle school aged boys from around the state!

Dates: July 11-July 20 ***\$300 Deposit due by April 1**

-The cost of the trip is \$2100 and includes the following:

- Flights to Puerto Rico and back to Indianapolis

- Lodging and 2/3 meals a day while in Puerto Rico

- Several activities while in Puerto Rico including workouts with local clubs, boogie boarding, surfing, snorkeling, jungle tours, Old San Juan tour, and much more!

-If interested in this exciting trip, reserve your spot by contacting Lou Silverman or the ISWA office. All payments will be made through USA Wrestling account

-Payment schedule April 1-\$300, May 3-\$1200 (\$900), June 14-\$2100 (\$900)

-The first 10 boys that get deposits in will get the spots. Wrestlers must be in grades 7-9 during the 2026-27 school year

-Direct questions to Lou Silverman 317-490-1507 or lsilverman126@att.net