



# GIRLS ONLY WRESTLING TEAM NO EXPERIENCE NEEDED

Ready to  
Join Us?

Wrestling is for  
everyBODY

**TRY-IT-NIGHTS**  
**SEPT 17 - OCT 21 - NOV 6**  
**5:00 PM @ NASH**  
**GRADES 7-12**



SCAN ME

## **-BUILD FOR OTHER SPORTS**

Perfect Foundation for other Sports

## **-FIND YOUR STRENGTH**

Face mental & physical challenges

## **-DEVELOP CONFIDENCE**

Be amazed at what you can do

## **-NO WEIGHT CUTTING**

Wrestle your natural weight

## **-TEAM BONDS RUN DEEP**

Friendships are forged on the mat

