



# GIRLS ONLY

**JUNIOR WRESTLING**  
**GRADES K-6**

# WRESTLING TEAM

**NO EXPERIENCE NEEDED**

## **-FIND YOUR STRENGTH**

Face mental & physical challenges

## **-DEVELOP CONFIDENCE**

Be amazed at what you can do

## **-TEAM BONDS RUN DEEP**

Friendships are forged on the mat

**WRESTLING IS THE  
PERFECT  
FOUNDATION FOR  
ALL OTHER SPORTS**

## **Free Try-It-Nights**

## **September 24 & October 8**

**6:30-7:30 PM at North Allegheny Senior High**

- November through February
- Girls have their own practices and dedicated coaching staff
- Instruction from North Allegheny Girls Varsity Coaches and Varsity Girl Wrestlers

