



TOTINO-GRACE YOUTH WRESTLING

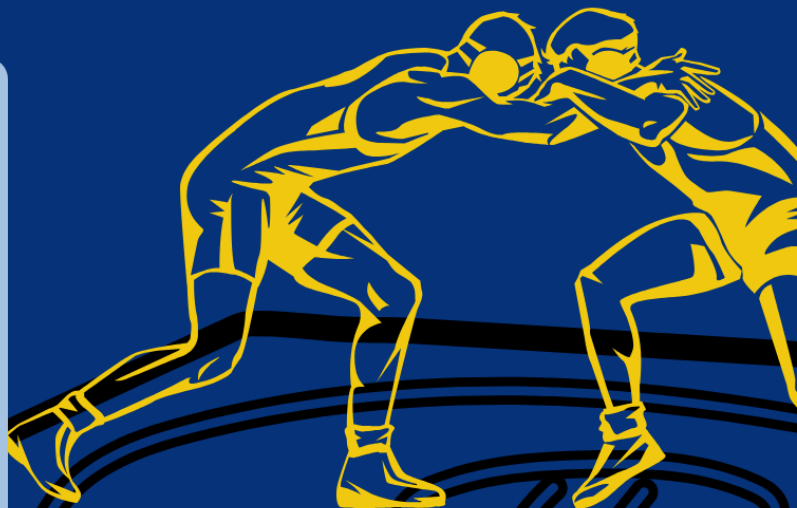
WHO Boys in grades K-8 (Wrestlers will be split up based on age and experience)

WHEN • Monday, Oct 26th
• Monday, Nov 2nd

WHERE Totino-Grace Wrestling room

TIME 5:30 - 7:00 p.m.

FREE Youth Wrestling Clinic



*No experience is necessary, no equipment needed.
Can wrestle in shorts, t-shirt and wrestling or tennis shoes
(wrestling shoes are strongly encouraged).
Individual instruction will be geared to age and experience
level, with a focus on the fundamentals of wrestling.*

www.totinograce.org/wrestling

FOR QUESTIONS: CALL DAN VANDERMYDE AT 763.586.6305

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