

Introduction to WRESTLING

A special trial practice for kids who've never wrestled before



“The World’s Oldest Sport” does not discriminate. No matter your body type - height or weight- there is a place for for you in wrestling

As a parent, you place your child’s development ahead of everything. Wrestling does the same. Your child will learn to handle challenges—both on and off the mat—leaving you amazed at their transformation during the course of a single season. Ask the parents of any of our wrestlers and they will say the following:

- Improves self confidence and the belief that anything is possible
 - Teaches young people to respect themselves and others
 - Promotes excellence and encourages athletes to set goals
- Builds personal accountability because the athlete alone is responsible for the outcome
- Develops integrity, discipline, and a strong work ethic—traits that will last a lifetime

Free! Introductory Practice Sessions Free!

Woodson High School Friday, September 21 @ 6:45 - 8:15 pm

Woodson High School Friday, September 28 @ 6:45 - 8:15 pm

Address: 9525 Main St. Fairfax, VA 22031 (enter door #3 in front of school adjacent to large rock, wrestling room is down hall on left)

Boys and girls in grades K-8 are invited to any or all sessions listed above. Learn about the sport, meet local coaches, and actually wrestle! There is no charge. Wrestling season runs from November thru February, so this is a great way to find out if you want to wrestle this winter.



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