

Portland Youth Wrestling

All Kids in Grades
K-5 Welcome

During this 12-week
program wrestlers will:

- Have fun
- Make friends
- Get great exercise
- Learn wrestling fundamentals
- Have intra-squad scrimmages
- Wrestle against local teams
- Go to tournaments

Coaches have more than 30 years combined experience including Division I wrestling and coaching at all levels from youth to high school and club teams.

Where & When

Portland High School Wrestling Room
Beginning January 4, 2010
Ending March 24, 2010
Every Monday and Wednesday
from 6:00 – 7:30 pm

Registration

Open registration
December 14, 15, 17 and 18
3:30-5:30 in the Portland High School Wrestling Room

Registration available at the first day of practice or by mail to 81 Roaring Brook Rd. Portland, ME 04103

Cost \$100 for 12 weeks (includes USA wrestling card and t-shirt)

Contact

For registration packets or additional information:

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