



# Knights



# Wrestling Club

**WHEN:** Start March 19th-May 28th. Every Tuesday and Thursday Night from 6-730.

Tournaments on weekends (Optional)

Parent meeting first night!

**KIDS AGE:** 5-13 Boys and Girls (Ages 5 and 6 need a parent at all times.)

**WHAT:** We will be teaching the fundamentals of folkstyle wrestling which is the same style used in high school and college wrestling. We are licensed by USA wrestling for this reason every member must purchase a USA wrestling Card.

**WHERE:** Foothill High School Wrestling Room located by the Event Center

**COST:** 100\$ Dollars includes: USA card, T-Shirt and Shorts

**COACH:** Devon O'Donoghue Head Wrestling Coach at Foothill High School

FOR MORE INFORMATION PLEASE CALL OR EMAIL  
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