



WRESTLING

Interested in giving it a shot?

Boys & Girls Welcome

It's the hardest sport you'll ever love.

Open Mat Sessions for All Eastlake Students

Organized by the Eastlake High School Wrestling Team

- **WHEN:** June 13, 14, 16, & 20, 21, 23
7:00 - 8:30 p.m.
- July 5, 7, 12, 14, 19, 21, 26, 28
7:00 - 8:30 p.m.
- **WHERE:** Eastlake HS Wrestling Room;
Enter SE corner of gym, doors facing stadium.
- **WHAT TO BRING:** Show up in shorts, t-shirt, lightweight athletic shoes (or wrestling shoes) & bring a water bottle.
- **REGISTER TODAY:**
Sign up on Final Forms by June 10 -
<https://ehs.lwsd.org/athletics/summer-athletics>
- Incoming 9th graders to Eastlake eligible for the **Edmonds-Woodway Tournament June 25 & 26.**
- **NO Experience Required** – High level coaching and instruction. Show up for one or all the sessions.
- Sessions will focus on basic moves and technique (building block for success)
- Wrestling enhances strength, endurance, footwork, handwork, balance, leverage, toughness and confidence. *Wrestling will improve your skills for all other sports.*

Questions? Contact Gregg Henderson, Head Coach: grhenderson@lwsd.org or Seth Miller, Technical Assistant: sethm1776@gmail.com

