



APPLE VALLEY YOUTH WRESTLING



**INVITES YOUR CHILD TO
JOIN US THIS SEASON!**

OPEN TO GRADES K - 8 BOYS & GIRLS WELCOME!



The Apple Valley youth wrestling club is designed to introduce the basic skills of wrestling, and also further advance the skills of those more experienced. Physical activity, building friendships, sportsmanship, and being part of a team, are the core foundations of this program.

The Apple Valley Youth Wrestling club offers a high-level coaching staff and has become one of the most successful youth programs in the state of Minnesota!



WHEN:
Practices start on
Tuesday, November 1st,
2022 at 6:30 PM



LOCATION:
Apple Valley High School
14450 Hayes Road
Apple Valley, MN 55124

TO REGISTER, VISIT OUR WEBSITE AT AVWRESTLING.SPORTNGIN.COM
For more information please contact head coach Rudy James: (651) 925-6664 or at rudiedawg@gmail.com

COME AND JOIN THE FUN!