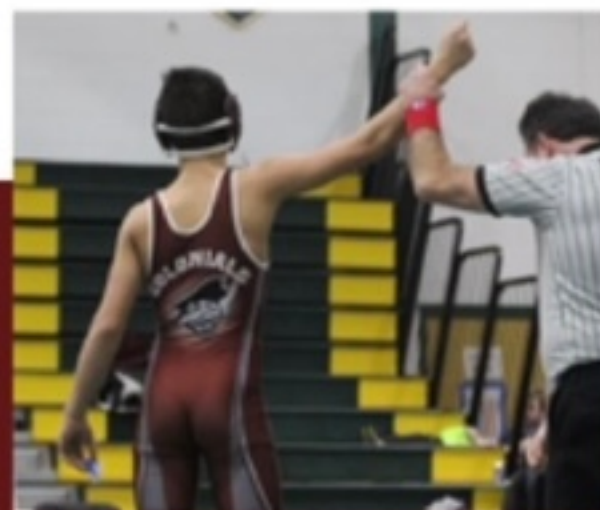
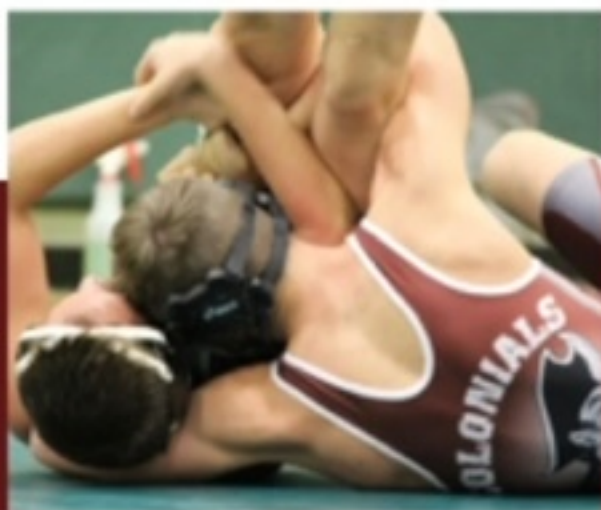


MOTOWN GRAPPLERS



WRESTLING OPEN MAT

11/2/2023



WE WANT YOU!

Discover the world of wrestling with Mo-Town Grapplers' Open Mat session.

Who: All Boys & Girls grades K - 8 in Morristown, Morris Township & Morris Plains
No Experience Necessary

When: November 2, 2023
Grades K - 5: **6 PM**
Grades 6 - 8: **7 PM**

Where: Frelinghuysen Middle School

WHY WRESTLE?

- **Friends:** Build lasting friendships.
- **Skills:** Learn balance, discipline, and general athleticism.
- **Fun:** Enjoy a welcoming, engaging environment.
- **Grit:** Develop resilience and mental toughness.
- **Confidence:** Boost self-assurance and self-esteem.