

🏆 **Calling All Girls Grades K-12! Come Try Wrestling!** 🏆


Girls Wrestling is the *fastest-growing sport in America* — and now it's your turn to see what it's all about!



Whether you're brand new to the sport or already have experience, you're invited to join us for a **FREE Open Mat Session** where you can:

- 💪 Learn new skills
- 👧 Try out wrestling in a fun, no-pressure environment
- 👧♀ Meet other strong, confident girls
- 🔥 Discover what makes wrestling so empowering!

 **Date: Wednesday October 15**

 **Time: 6pm-8pm**

 **Location: High School Auxiliary Gym**

 **What to Bring: Workout clothes, water bottle, and a great attitude!**

No experience? No problem! Come give it a shot and see why more girls than ever are stepping onto the mat.

Wrestling builds strength, confidence, and lifelong friendships — don't miss out!