

YOUTH WRESTLING IN GLEN ALLEN!

INTRODUCING A NEW YOUTH WRESTLING CLUB AT GLEN ALLEN HIGH!

BIG CAT WRESTLING CLUB

A USA WRESTLING



SANCTIONED CLUB

OPEN TO YOUTHS OF ALL AGES AND ABILITIES
THROUGHOUT CENTRAL VIRGINIA!

TUESDAYS AND THURSDAYS: 6- 8 PM
THE GLEN ALLEN HIGH SCHOOL
WRESTLING ROOM

PARENTS MEETINGS:

TUESDAY 3/15 AND 3/22, 6PM AT GAHS.

Mission: To teach and instill the values of hard work, commitment, scholarship, and leadership to the youth of central Virginia through training and competition in Freestyle, Greco-Roman, and Folk-style Wrestling.

Required:

- USA Wrestling card (available at www.themat.com)
- Membership Dues - \$20 per wrestler per year(\$10 for each additional family member)

Visit www.glenallenwrestling.com for information.

Contact: Coach John Marshall at jpmarshall@henrico.k12.va.us
Head Wrestling Coach, Glen Allen High School, Big Cat Wrestling Club