

VIKING WRESTLING CLUB



COST: \$50/\$75

WHO: Grades K-8th, boys and girls

WHERE: VS High School and Middle School wrestling rooms.

WHEN: Monday or Tue/Thu evenings, October-March (see below for schedule details).

WHAT YOU NEED: Wrestling shoes, workout shoes, athletic wear, water bottle. Headgear optional.

SCHEDULE

GIRLS (ALL AGES) \$50

October 14 - March:

• Mondays, 5:30-7pm @ VS High/Middle School Wrestling Rooms

BOYS (3RD-8TH) \$75

October 8 - November 21:

• Tue/Thu, 5:30-7pm @ VS High/Middle School Wrestling Rooms

December 3 - March:

• Tue/Thu, 6:00-7:30pm @ VS Middle School Wrestling Room

BOYS (K-2ND) \$75

December 3 - March:

• Tue/Thu, 5:30-6:30pm @ VS Middle School Wrestling Rooms

REGISTER

Scan or click the QR code below



or visit bit.ly/register-vwc

COST

Girls run 1 day/week at \$50, boys run 2 days/week at \$75. Payment is due prior to first practice - scan QR code for more info.

ABOUT US

The Viking Wrestling club is designed to help area youth improve their wrestling skills, be part of a team, and build a foundation for future wrestling activities. There will be several optional opportunities throughout the year to attend tournaments and dual meets across Iowa in preparation for AAU and Super Pee Wee District and State competitions. None of these events are required – just attending practices is fine too!

NOTE: If you are interested in helping in the wrestling room, please reach out to us!

CONTACT

Joel Neve, head coach

☎ 319-560-9251

✉ vikingwrestlingclub.ia@gmail.com

📘 Follow us for events & more!

“VS Viking Wrestling Club”