

VIKING WRESTLING CLUB



COST: \$50/\$75

WHO: Grades PreK-2nd, boys and girls

WHERE: VS Middle School wrestling room

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

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

SCHEDULE

NEW! **GIRLS (PREK-8TH)** **\$50**

Going on now!

• Mondays, 5:30-6:30pm

BOYS (PREK-2ND) **\$75**

December 3 - March:

• Tue/Thu, 5:30-6:30pm

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 or click 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”