

# Wrestling Team



Come join the wrestling team to learn and develop your skills as a wrestler and athlete.

Experience is not required and boys and girls are welcome on the team!

Wrestling is an Olympic sport that is also very practical in other sports such as mixed martial arts (MMA). Most of the top level MMA fighters were wrestlers at one point. We have experienced coaches that will teach you how to wrestle, starting from the basics and working with you to enable you to succeed at competitions and be the best wrestler you can be.

## **Season**

September to March - every Monday, Tuesday and Thursday in the cafeteria at 3PM

## **Teacher Advisor**



Mr. de Vries



Mr. Ishiguro