

# GIRLS FREESTYLE WRESTLING ALL SKILL LEVELS WELCOMED!

## 1st-12th Grade

### Why try Freestyle Wrestling?

- Have fun learning the sport of wrestling!
- Learn freestyle wrestling.
  - Women university style
  - Olympic & International style
- Advanced techniques for those ready!
- Provide a great learning environment!
- Have a variety of good workout partners.



**Sign-Ups:** On/before March 14th, 6-8:00 pm  
Registration Fee due at the first practice.

**Who:** Female Wrestlers in Grades 1st-12th

**1st Practice:** Monday, March 18th (All grades attend)

**Dates:** Practices March - May  
Mondays and Wednesdays  
6-7:30 pm

**Place:** Eastview High School

**Cost:** \$70 (1st-5th) \$80. (6th-12th)

MN/USA Card & Tourney Fees Extra

<https://www.usawmembership.com/login>

Sign up early and pay at your first practice.

Make checks payable to Thunderbolts Wrestling.

**Volunteer:** (4) hours @ Thunderbolts Tourney or buyout is \$30

### Thunderbolts will include:

- Great coaching staff!
- Free Thunderbolts T-Shirt.
- Participation in MN/USA tournaments
- Freestyle Tournament @ Eastview.
- Organized activities & and games.

**Thunderbolts Tourney is April 6th**  
**MN/USA State is May 5th**

## CONTACT US

Melissa Jacobs

Melissa.Jacobs@district196.org

### GREAT COACHES

Melissa Jacobs

- 3x High school Girls State Champion
- Collegiate Athlete
- 2021 Regional Collegiate Champion

### OUR VISION

- To grow the sport of Women's Wrestling.

### FREESTYLE TOURNAMENTS:

Girls/Women's  
Wrestling Minnesota  
[Website](#)

- Fargo Nationals  
July 15-22
- National Duals  
June 13-17
- Northern Plains  
May 10-12

Registration  
Google Form

