



# Lady Jags Wrestling

*Why join girls wrestling?*

## 5 REASONS TO JOIN WRESTLING:

### STATS THIS SEASON SO FAR:

- Arlington Invitational CHAMPIONS
- Montwood Madness Duals CHAMPIONS
- LISD Ladies Cup CHAMPIONS
- Battle for the Bling CHAMPIONS (out of state)
- CFISD Invitational CHAMPIONS
- THSWCA 6A State Duals- 3rd place
- Dual Record of 26-2

1

Size doesn't matter!! There are 12 different weight classes, from 100 lbs to 235 lbs.

2

There are NO "CUTS". Each wrestler will have the opportunity to earn their Varsity letter.

3

Girl's wrestling is the #1 fastest growing collegiate sport in the USA. You do not need to start at age 6 to earn a scholarship!

4

We focus on Character Development; Mindset Training; Strength and Conditioning as well as technique!

5

We are a diverse family with multiple over night competitions and team bonding.

***Come out and see for yourself!***

**Mound Throwdown this FRIDAY in the FMHS Silver Gym!**

**6:00 PM Kick off with JV  
6:45 PM Varsity Girls and Boys**

Facebook: FMHS Lady Jag Wrestling  
TIKTOK: @lady\_jags\_wrestling

[www.ladyjagwrestling.com](http://www.ladyjagwrestling.com)

Twitter: @WrestleLadyJags  
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