

****Registration for the upcoming wrestling season is NOW OPEN at priorlakewrestlingclub.org****

For those that have never tried wrestling before we will have a

FREE Wrestling Camp!!!

The Prior Lake Wrestling high school coaching staff will be hosting a FREE wrestling camp for anyone in grades PreK-12th that would like to learn more!

- Wrestling is a great sport for all ages & is often a springboard in developing young athletes into competitors in any sport!
- Wrestling builds **strength, stamina, balance, control, endurance, & perseverance.**
- Wrestling builds a great mental attitude and we train wrestlers with **respect, intensity, & discipline.**
- We stress the basics and admire hard work, listening skills and effort.

When: October 30th (Tues) & Nov 1st (Thurs) from 6:30-7:30pm
Where: Prior Lake High School (Wrestling Room)
What to wear: T-shirt, shorts and tennis/wrestling shoes (No buttons/zippers please)
How: Email plwrestling@gmail.com to reserve a spot or just show up and present the ticket below...it's that easy!!! **Bring a friend!**

"This flyer was prepared and paid for by The Prior Lake Wrestling Club"

The logo consists of the letters 'P' and 'L' in a bold, yellow, blocky font with a blue outline. The 'P' is positioned above the 'L'.

WRESTLING

GIVE WRESTLING A TRY

With our Laker HS Coaches

FREE Practice Session from 6:30-7:30pm

October 30th and Nov 1st Grades PreK – 12

Wear a T-Shirt and Shorts (**no buttons or zippers**)

This is your chance to try something **NEW** 😊

Prior Lake High School – Wrestling Room

Registration and Season Information available each night

Priorlakewrestlingclub.org
Redeem at Prior Lake High School
Coupon for free WRESTLING