

****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 develops 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 24th (Tuesday) & October 26th (Thurs)

PreK-3rd Grade: 6:30-7:30 pm

4th-12th Grade: 7:30-8:30 pm

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"



GIVE WRESTLING A TRY

With our Laker HS Coaches

FREE Wrestling Practice

October 24th and 26th 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

Questions? Contact Coach Block (612) 718-3898

Priorlakewrestlingclub.org

Redeem at Prior Lake High School

Coupon for free **WRESTLING**