

Mt. Lebanon Youth Wrestling Association

2017 “Learn to Wrestle” Clinic



FREE INTRODUCTORY YOUTH PRACTICES

When: October 25, November 1, and November 8 from 5:30-6:30

Where: Mt. Lebanon High School Varsity Wrestling Room

Who: Anyone in grades K-6

***Live Demonstrations**

***Learn Basic Technique/Drills**

***Learn the Rules of Wrestling**

***Meet the Youth Coaches**

Register by emailing: MAllemang@mtlsd.net

Full Wrestling Season Registration can be found at www.lebowrestling.com