

Join Us For Girls' Wrestling Try It Night

You've heard about wrestling and wondered what it's like?... now is your chance to try it!

Who: All girls welcome. NO prior experience required.

When: Tuesday, May 10th, 2022 from 6-7pm

Where: Manheim Township High School – Wrestling Gym

What To Expect During Try It Night:

- Learn about how wrestling can impact your life
 - Increased body positivity
 - Self-defense
 - College scholarship opportunities
 - Making friends for life
- Meet current team members
- Overview of the rules
- Participate in fun and relaxed physical activities
- Review season schedule
- Go home with some new moves!
- Wear comfortable workout clothes. Wrestling shoes NOT required.

Any questions contact Mrs. Haver in room 254 or haveram@mtwp.net

