

Join Us For MT Girls' Wrestling Try It and Learn It Nights

You've heard about wrestling and wondered what it's like...now is your chance to try it and learn it! Thanks to all those who attended the first event; due to the overwhelming response, we have decided to hold more sessions in the months leading up to the wrestling season. Information listed below.

Who: All girls entering grades K-12 welcome. NO prior experience required

When: Monday, June 20, July 11, and September 19, 2022 from 6-7:30pm

*Also be on the lookout for information on a 2-3 day clinic held at MT in August!

Where: Manheim Township High School – North Gym (wrestling room)

What To Expect During Try It Night:

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



Please contact Ali Bucher at 717-224-5923, bucheralison@gmail.com or Tiffany Williard at 717-421-8478, tiffany.williard@gmail.com if you plan on joining for any or all of these sessions!