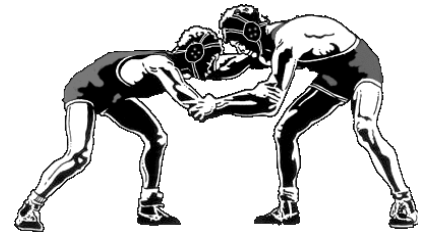


CAVEMAN WRESTLING



JR High Wrestling Team

4th– 9th Grades

HIGH SCHOOL WRESTLING PREP

No prior experience needed

Learn the basics; know the rules; build your technique, develop your athletic ability helping all sports motions, no one stands on the sidelines, everyone participates

Get to know the AF High School Coaches, Build Character, Enhance Self Esteem

REGISTER: November 2nd at the High School Wrestling Room

PRACTICE: Monday – Thursday (5:00 – 6:30 pm)
First Day of Practice Monday November 2nd 5 pm

LOCATION: American Fork High School Wrestling Room
(Parking available in the North Lot - enter through northeast doors of the AF HS Field House and follow the signs)

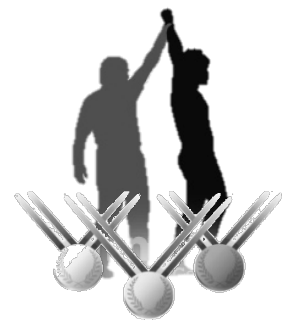
Fee: \$150 – Pays for the cost of the Caveman Singlet and training for the season

COACHES:

Dan Wilson 801-471-7181 or wilsonpride1@gmail.com

Jackson Wilson 801-428-7500 or wilsonpride285@gmail.com

We are dedicated to your wrestler not only helping them become great wrestlers, but giving them a great experience!!



**Builds
Body &
Character**

“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill—none have wrestled without pride.” *Dan Gable - Olympic Gold Medalist*

