



**WRESTLE
LIKE A GIRL**

**NOW AN
OFFICIALLY
SANCTIONED SPORT
IN IOWA**



*Never wrestled? No problem!
Come learn the world's oldest and greatest sport with other girls!*

GIRLS WRESTLING

Open Mat

BE A TRAILBLAZER Join the movement

FIND YOUR STRENGTH Face mental and physical challenges

TEAM BONDS RUN DEEP Friendships are forged on the mat

DEVELOP CONFIDENCE Be amazed at your capability

**ANY 4th-12th GRADE GIRLS
TUESDAYS & THURSDAYS @ 9:00-10:00AM
HIGH SCHOOL WRESTLING ROOM**

Questions? Contact: adam.grell@cd-csd.org