



SABER GIRLS FRIDAY WRESTLING CLUB

**JOIN GRACE PATTERSON AND ZOEY ROOKS FOR A FUN,
WELCOMING INTRODUCTION TO GIRLS WRESTLING!**

- Athletic Development
- Body weight exercise
- Fun activities
- Wrestling Fundamentals
- Wrestling based games
- Fun activities

**WE WANT TO BUILD CONFIDENCE IN YOURSELF, DEVELOP
ATHLETIC SKILLS, MAKE FRIENDS AND HELP YOUNG
GIRLS DISCOVER A LOVE FOR WRESTLING**

Registration

Cost is \$50

Register through sabertooth- information on back.

Registering for our Friday Club also grants access to
Sabertooth practices and club membership.

**questions- contact : anthony.green@cd-csd.org or
adam.grell@cd-csd.org**

**SESSION 1 — NOVEMBER—
DECEMBER**

**NOVEMBER 6
NOVEMBER 13
NOVEMBER 20
DECEMBER 4
DECEMBER 11
DECEMBER 18**

**Fridays from
1:50- 3:10 after
early outs**

**SESSION 2 — JANUARY—
FEBRUARY**

**JANUARY 8
JANUARY 15
JANUARY 22
JANUARY 29
FEBRUARY 5
FEBRUARY 12**



SABERTOOTH

WRESTLING CLUB

WRESTLINGIQ PARENT GUIDE

CONNECT • REGISTER • STAY INFORMED

ONE TEAM ONE FAMILY

1 CREATE YOUR ACCOUNT



- Go to WrestlingIQ.com
- Click Create Account
- Enter your information
- Verify your email

2 REGISTER YOUR WRESTLER



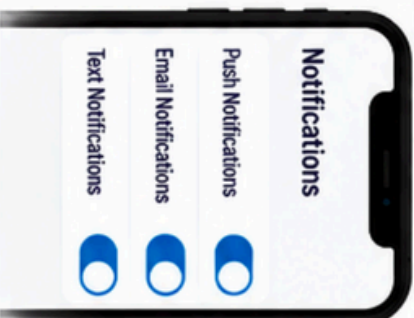
Add your wrestler, complete required forms, select the correct registration, and submit payment.

3 DOWNLOAD THE APP



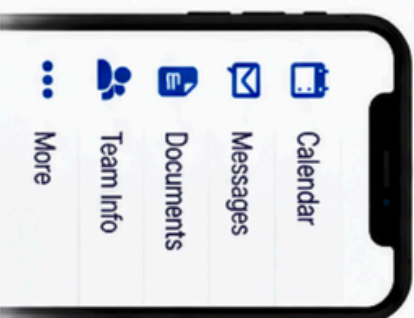
Search for "WrestlingIQ" in the App Store or Google Play and log in with your account.

4 TURN ON NOTIFICATIONS



Make sure notifications are on so you don't miss important updates, schedule changes, or announcements.

5 STAY CONNECTED



Use the app or website to view the team calendar, check messages, access documents, and stay up to date all season.

ADD ANOTHER PARENT/GUARDIAN

Each parent can have their own account linked to the same wrestler. No need to share a login.

VIEW & SYNC THE CALENDAR

See practices, tournaments, meetings, and more. Sync with your personal calendar if desired.

ACCESS IMPORTANT INFO

Find forms, documents, team information, and wrestler details all in one place.

? QUESTIONS?

Need help? Contact a club coach or board member, or visit the WrestlingIQ Help Center.

help.wrestlingiq.com

SAME TEAM. HIGH STANDARDS.



DISCIPLINE



COMMUNITY



OPPORTUNITY

WRESTLE
GROW
BELONG