



TRI-VALLEY

WRESTLING CLUB

Wrestling is a competitive sport that teaches teamwork as well as how to succeed individually. Tri-Valley Wrestling is the ultimate learning ground for many life lessons. Learning through experience can take time, but it is reasonable to think that a season of wrestling can have a positive impact in at least one of the following areas, even with the first-year wrestler:

*Self-Reliance * Self-Confidence * Respect for Others * Work Ethics * Goal Orientation *
Drive & Determination * Self-Discipline * Self-Respect * Responsibility * Competitive Spirit * Mental Toughness *
Camaraderie & Sportsmanship*

Youth Wrestling Registration will be held Nov19th @ 6:30

REGISTRATION FEE: \$55.00

Includes a dri fit shirt and entry fee to the Tri-Valley Youth Wrestling Tournament on Jan. 4th

Tryouts are not required to join the wrestling club. Everyone is welcome and encouraged to participate. We take beginners as well as advanced wrestlers. Contact Austin Dybvig: Austin@abconcretesd.com or Jill Lamer: sjlamer@outlook.com with any club related questions.