

WHAT: Youth wrestling program for Pre-K through 8th grade students.

WHY: Wrestling is a great sport that teaches athletes so many valuable lessons about sports and life in general and encourages you to always give it your best no matter what. It develops discipline, responsibility, work ethic, mental toughness, physical ability, and most importantly it is very fun and rewarding! Like the great Dan Gable quoted, “Once you have wrestled, everything else in life is easy.”

COST: **FREE**

A tournament singlet is available for a \$20.00 deposit fee (Fee returned, if singlet is returned at the end of the year, and in the same condition as received). **Make checks payable to Future Falcon Wrestling Club.** Shoes: we will have very few used wrestling shoes available for those in desperate need, and please **No street shoes on the mats at any time!**

PRACTICE TIMES & LOCATION: Practice will be held at the **Davenport West High School Wrestling Room** (enter through Athletics Sports Entrance, down stairs). Location may potentially be moved on certain weeks to other locations depending on our numbers and where most of our kids live to make it easier for everyone to attend. **Practice begins Oct. 25th and 26th, Nov 1st and 3rd, and starting November 7th every Monday and Thursday until told differently. Start time will be 5:30-7:15pm, for the first few practices.**

QUESTIONS: Contact Rod Montoya @ 319-212-0175