

Dear \_\_\_\_\_  
(Friend's Name)



Youth wrestling is available for all students in Pre-K through 6th grade. The focus is on skill development, exercise, team building, life lessons, and fun! Your friend would like you to join us for a practice to give wrestling a try.

Practices are held most Mondays in the Mazeppa wrestling room and run until mid-March.

- Pre-K through 3rd: 5:45 PM - 6:45
- Grades 4th through 6th: 6:45 PM - 7:45

Questions? Please e-mail [youthcoordinator@zmwrestling.com](mailto:youthcoordinator@zmwrestling.com) or call 507-843-6496

For more information about our wrestling program and schedule, visit our web site at:

[www.ZMWrestling.com/youth](http://www.ZMWrestling.com/youth)