

# VIKING MAT CLUB



- Focus on athletic development and wrestling skills
- Instruction by experienced coaches
- Saturday matches at John Poole Middle School Saturday January 7, 14, 21, 28, February 4, and 11
- Member of Montgomery Youth Wrestling League

**“Viking Mat Club makes participating fun! Enjoying it is the first step towards excellence in any sport”**

**-Jake Herbert, 2012 US Olympian, 2x NCAA Champion, 2015 US Open Champion, 2015 US World Team Member, Youth Wrestling Education Expert**

**WWW.VIKINGMATCLUB.ORG**

Montgomery Youth Wrestling League is a nonprofit organization. These materials are neither endorsed by the Board of Education of Montgomery County, the superintendent, or this school.

**FOR BEGINNING  
& INTERMEDIATE  
WRESTLERS**

**BOYS & GIRLS  
AGES 6-14**

## **VIKING WHITE**

Practices:  
M/W 6:30-8:00  
11/16/2022-2/15/2023

Walt Whitman High School  
Wrestling Room

## **VIKING BLUE**

Practices:  
T/TH 6:30-8:00  
11/15/2022-2/16/2023

Walt Whitman High School  
Wrestling Room

## **COST**

**\$320** (Includes Singlet, League Matches, Practices, Tee Shirt, USAW Wrestling Card)

**Register**