

# VIKING MAT CLUB



- **Focus on athletic development and wrestling skills**
- **Instruction by experienced coaches**
- **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 Mat Club**

**Practices:  
M/T/W/TH 6:30-8:00  
11/15/2022-2/15/2023**

**Walt Whitman High School**

**Wrestling Room**

**Matches at John Poole Middle School**

**January 6, 13, 20, 27**

**February 3, 10**

**Tournament February 17 location TBD**

## **COST**

**\$330 (Includes Singlet, League Matches, Practices, Tee Shirt, USAW Wrestling Card)**

**Register**