

# VIKING MAT CLUB



- Focus on athletic development and wrestling skills
- Instruction by experienced coaches
- Saturday matches at Whitman High School, Jan. 7-Feb. 11, 2017
- End of season tournament February 18, 2017 at Whitman High School
- 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 7-14**

**FOUR TEAMS**

**B-CC BLUE**

Practices:

M/W 6:30-8:00

11/16/2016-2/17/2017

Bethesda-Chevy Chase H.S.

4301 East-West Highway  
Bethesda, Maryland

**B-CC GOLD**

Practices:

T/TH 6:30-8:00

11/17/2016-2/18/2017

Bethesda-Chevy Chase H.S.

4301 East-West Highway  
Bethesda, Maryland

**VIKING WHITE**

Practices:

M/W 6:30-8:00

11/16/2016-2/17/2017

Landon H.S.

6101 Wilson Ln.  
Bethesda, Maryland

**VIKING BLUE**

Practices:

T/TH 6:30-8:00

11/17/2016-2/18/2017

Walt Whitman H.S.

7100 Whittier Blvd.  
Bethesda, Maryland

**COST**

**\$285 (includes singlet  
and t-shirt)**

**REGISTER  
ONLINE**

**Beginning Aug. 15 at  
www.vikingmatclub.org**