



VIKING MAT CLUB



**FOR BEGINNING & INTERMEDIATE WRESTLERS
BOYS & GIRLS
AGES 7-14**

- Focus on athletic development and wrestling skills
 - Instruction by experienced coaches
 - Member of Montgomery Youth Wrestling League
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- Saturday matches at Whitman High School, Jan. 12-Feb. 16, 2018
 - End of season tournament February 23, 2019 at Whitman High School
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“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 sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school.

TWO TEAMS

VIKING WHITE

Practices:
M/W 6:30-8:00
11/19/2018-2/20/2019
Landon H.S.
6101 Wilson Ln.
Bethesda, Maryland

VIKING BLUE

Practices:
T/TH 6:30-8:00
11/20/2018 -2/21/2019
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