

VIKING MAT CLUB



- Focus on athletic development and wrestling skills
- Instruction by experienced coaches
- Saturday matches at TBD, Jan. 11-Feb. 15, 2020
- End of season tournament February 22, 2020 at Landon 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**

VIKING WHITE

Practices:
M/W 6:30-8:00
11/15/2017-2/16/2018
Landon H.S.
6101 Wilson Ln.
Bethesda, Maryland

VIKING BLUE

Practices:
T/TH 6:30-8:00
11/16/2017-2/17/2018
Landon H.S.
6101 Wilson Ln.
Bethesda, Maryland

COST

**\$305 (includes singlet
and t-shirt)**

REGISTER ONLINE

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