



WEST PARK WRESTLING

PRIDE WRESTLING CLUB (PWC)

Practice begins Tuesday, March 15th, 2022

Who: Boys & Girls wrestling club (no experience required)

Where: West Park High School Wrestling Room
(next to the small gym, and where the pool is being built)

When:

High Schoolers & Incoming 8th graders
Tuesdays, Wednesdays, & Thursdays
4:00-6:00 PM

7th Graders and below
Tuesdays & Thursdays
6:00-7:30 PM

Athletes should wear shorts/sweats and a t-shirt to practice. Athletes should also bring a large water bottle to practice.

More information will be provided at the first practice such as USA Wrestling Membership, practice expectations, and wrestling tournament information.

If you have any questions, please do not hesitate to contact me.

Coach Friend
916-397-4563
bfriend@rjuhsd.us





**West Park Wrestling
&
PRIDE WRESTLING CLUB**



***You can join the Band App to learn more about the PRIDE
WRESTLING CLUB***



Student's Name

Parent/Guadian Name

Email Address
