

Monroe Mat Cats Wrestling Club

- Monroe Mat Cats Wrestling Club is a program designed for children 4 years of age through adult.
- We focus on teaching competitive technique to both inexperienced and skilled wrestlers.
- In addition to technical instruction participants will increase strength, conditioning, flexibility, and self confidence.



Location: Upper gymnasium at Monroe High School. Entrance is located on the far right side of the high school (*near the football field*).

Time: Monday, Wednesday, and Friday evenings from 6:00pm–8:00pm.

Dates: Practices start February 12, 2010 and will continue through June 2010

Cost: \$75

Competition: Information will be distributed during Parent Night

MONROE MAT CATS WRESTLING CLUB

Head Coach
Mike Pine

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Freestyle Wrestling Sign Ups — Parent Night Information Session

- Friday, February 12th, 2010 at 5:30pm prior to the first practice.
- Sign-ups will continue for the first few weeks.
- Gear for practice will be shorts or sweats, t-shirt, and wrestling shoes
- Gear for tournaments will be a Red/Blue singlet, head gear, and wrestling shoes
- All participants must purchase a USA Wrestling Card (\$42). The card may be purchased online at www.washingtonstatewrestling.com. When signing up select “Monroe Mat Cats” as your wrestling club. Please bring a copy of the card with you to sign-ups.

