

WEST HILLS WRESTLING CLUB

2023-2024 Winter Season

*Practices Start Mon Oct. 30
Jackson Middle School*

Open to all boys and girls
in grades K-8

WEST HILLS WRESTLING CLUB
is a community-based club for
all youth boys and girls grades
K-8 regardless of experience. The
club is located in Southwest Port-
land. All are welcome.

Youth (K-5) practices 6-7:15 PM
Mon/Wed at Jackson Middle
School. Middle School practices
Tues/Wed/Thurs same time and
location.

Wells Cluster Middle School students
practice at the same time and location.
These Gray and Jackson MS students
must register separately on Family ID as
MS Wrestling is a PIL sport.

Register Online or with QR Code:

<https://www.wrestlingiq.com/idabwells/register/west-hills-wrestling-club-2023-24-season>

- \$100 club fee
- \$51 USA Wrestling Membership
Required for insurance purposes
- Sibling discount
- Questions? westhillswrestlingpdx@gmail.com

1. Create Wrestling IQ Account
2. Enter Child Info
3. Register/Pay for USAW
Membership (required)
4. Complete Fields and sign
liability waiver
5. Submit Payment



Why Wrestling?

Wrestling is fun, builds mental and physical strength, discipline, responsibility, perseverance, respect, humility, work ethic, concentration, composure, self-control, confidence, accountability and teamwork. Optional opportunities to compete in weekend matches at appropriate age and experience levels. Club is not affiliated with PPS. Parents welcome, especially with younger kids! Positive, USAW certified wrestling coaches with dozens of years of experience.

Questions? Contact coaches Jerrod Summers, Adam Branfman, Ben Friedle, Lance Johnson:

westhillswrestlingpdx@gmail.com



westhillswrestling.weebly.com

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