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 Portland. 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.

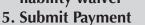
Register Online or with QR Code:

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

Why Wrestling?

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





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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