

Warren County Girl's Wrestling Club



When: Every Sunday, 2:00-4:00pm

Where: Indianola High School Wrestling room

Who: Any female interested in learning the great sport of wrestling!

****ALL AGES, ABILITY, EXPERIENCE LEVELS WELCOME****

Cost: NO COST-This is a FREE practice to build experience and mat time!

What to bring: wrestling shoes (if possible), workout clothes, mouthguard (with braces), headgear (recommended), water bottle

Coaches: Vinny Gomez and many other guest clinicians, coaches, current college wrestlers and recent graduates.

Contact:

Vinny Gomez: vinnygomez92@yahoo.com or 515-724-9167

Clint Manny: clint.manny@indianola.k12.ia.us

First Practice: Sunday, May 1st at Indianola High School