



MindofAMan.com



BLACK SUNDAY TATTOO

*Desh*

RISE ABOVE  
*Athletics*

# Why Wrestle?

PLAY FOOTBALL OR SOCCER?  
CHECK OUT HOW WRESTLING CAN HELP YOU ON THE FIELD...

WRESTLING HELPS DEVELOP:

MENTAL TOUGHNESS - COORDINATION - DISCIPLINE-  
RESPONSIBILITY - SELF CONFIDENCE

## WHEN:

Registration: October 14th  
First Practice: November 4th

## COST:

\$75 for YMCA members  
\$125 for non YMCA members  
MULTIPLE CHILD DISCOUNT  
BRING A FRIEND DISCOUNT

## WHERE:

Registration, Meetings and all practices  
will be held at THE ORIGINAL YMCA BUILDING on  
15th st (DOWNSTAIRS)

## WHATS INCLUDED:

All Team practices  
USA wrestling card  
YMCA membership for your child for the wrestling season

**FOR AGES 5 +**

**For more information please contact  
Chad Barker (307) 251-7850**