



# **WEDNESDAY, OCT. 4** **ILLIANA CHRISTIAN** **GIRLS WRESTLING**

## **Informational/Call-Out Meeting**

Girl's Wrestling is the fastest growing sport in the United States at the high school and collegiate level. Illiana fields one of the largest all-girls team in the Region. Open to all girls. No experience required. We attend girls only tournaments and you do NOT have to wrestle or train with boys. Fall athletes can grab information and head to practice. Join us to learn more!



**Time: 3:00 pm**  
**Upstairs/Gym**  
**Balcony**

**Great way to build**  
**strength,**  
**conditioning and**  
**confidence**

**Anyone can wrestle!**  
**IHSAA weight**  
**classes: 100-235 lbs**

**Join one of the**  
**largest all-girls**  
**teams in the Region**

**Official practices**  
**start October 16**

**MATT VANDER LAAN**

ICHS Girls Coach  
USA Wrestling Certified  
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Call or text for more info!