

# Fauquier Wrestling Club

*Building Champions* of the future

Youth Wrestling K-8<sup>th</sup> grade

**JOIN NOW!!!**

Travel and Recreational Programs

Winter competitive season practices begin October 30<sup>th</sup>

Combined program practice nights Mon, Wed & Fri

6:30 - 8pm through December 1<sup>st</sup>

December 4<sup>th</sup> Program specific practices begin (Practice nights TBD after assessments)

All practices at Fauquier HS wrestling room.

For information visit [www.fauquierwrestling.org](http://www.fauquierwrestling.org)

Click on Teams → Youth recreational or Youth travel

**ONLINE REGISTRATION OPEN OCTOBER 1ST**

Questions: [director@fauquierwrestling.org](mailto:director@fauquierwrestling.org)

## Why wrestling????

- Builds confidence
- Promotes physical fitness
- Encourages self-discipline and mental focus
- Fosters meaningful friendships

