



Boys & Girls...

Contact: Michael Lerner

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Join the Viking Mat Club

A USA Wrestling Club

For Beginner and intermediate wrestlers –boys and girls ages 7-14

“The Viking Mat Club will help you learn how to wrestle and you’ll HAVE FUN”

(Dan Gable, Olympic Gold Medal Winner)

“The Viking Mat Club is one of the Metro DC’s best clubs. It has an outstanding reputation and the term “supportive encouragement: defines their philosophy.”

(Wade Schalles, World Record Holder for Most Pins)

Registration fees are \$240 per child which includes:

- 2 days a week of practice (Monday/Wednesday or Tuesday/Thursday) at BCC high school or Walt Whitman High School
- Experienced youth coaches
- 6 Madison style matches on Saturdays at Walt Whitman High School
- 1 End of Season tournament on a Sunday at Winston Churchill High School used as a qualifier for the Mid Maryland Tournament
- Team singlets (uniforms)
- A USA wrestling card which allows each wrestler to participate in clinics, tournaments, camps or additional wrestling opportunities.
- Entry in to MYWL League including required league fees

Viking Blue	Viking White	BCC
Monday and Wednesday 6:30 until 8:00 PM Walt Whitman High School Wednesday November 14 th	Tuesday and Thursday 6:30 until 8:00 PM Walt Whitman High School Thursday November 15 th	Tuesday and Thursday 6:30 until 8:00 PM BCC High School Thursday November 15 th

On line Registration begins September 10th at www.vikingmatclub.org

Due to the limited space in wrestling rooms, space is limited and Viking Mat club may cut off registration once teams are full.

Viking Mat Club is a subsidiary of the Montgomery Youth Wrestling League, a 501 c(3) not-for-profit Maryland corporation.

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