



**Competitive and Rec
Grades K - 8th**

WESTLAKE YOUTH WRESTLING



**New Season Starting!
westlakewrestling.com**

Registration is open for the 2016-2017 Season. Go to www.westlakewrestling.com to sign up. Wrestling is a great cross-training winter sport for strength, stamina and agility. Not sure if you will like it, no problem, just complete the registration without payment and come to a free practice session.

- Regular training starts November 1st on Tues/Thurs
- Classes available for Mighty Mite (K-2), Recreational Team (3-8), and Competitive Team. (see website)
- Mighty Mite and Recreation Team season runs Nov. – Dec.
- Competitive Team participates in local tournaments through January

Questions? Contact Coach Mike Elswick @ (512) 773-2285 or melswick@austin.rr.com.