



RFH YOUTH WRESTLING

2024-2025 REGISTRATION IS OPEN

rfhyouthwrestling.org

For more information email Christine.Eberhard@gmail.com

MISSION

- Introduce kids to scholastic wrestling
- Develop basic wrestling skills and techniques in a safe and fun environment
- Allow kids to reach their potential on the mat, while reinforcing work ethic and building character

Discipline, Focus, Dedication,
Determination, Mental Toughness

PROGRAM

- Offers a fun and affordable way to get a great workout, while building strength and self-confidence
- Coordinates competitions for both recreational and advanced wrestlers
- Provides access to exceptional coaching including a number of former Division I Wrestlers

SCHEDULE

- **Kindergarten – 1st Grade**
8:30-9:45am Saturdays
- **2nd– 5th Grade**
9:45 – 11:00am Saturdays
6:30 – 8:00pm Mondays and Wednesdays
- **6th– 8th Grade**
11:00 – 12:15pm Saturdays
6:30 – 8:00pm Tuesdays and Thursdays

Practices start November 2, 2024

@ RFH Cafeteria and The Dog Pound

COSTS

- Kindergarten – 1st Grade
\$195
 - 2nd Grade – 5th Grade \$275
 - 6th Grade – 8th Grade \$305
- RFH Youth Wrestling
Program 2024-25
**Sibling discount available*

