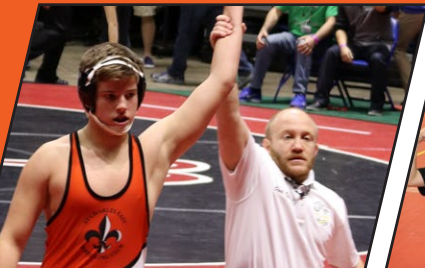




Self-Confidence Strength Sportsmanship Agility Leadership Fun Competition



Come to our OPEN HOUSE on Nov. 1st

Open to All K-8th Grade • Season Starts Nov. 6th
Learn more at stcewrestlingclub.net



**ST. CHARLES
WRESTLING**

St. Charles Wrestling Club, a member of the Illinois Kids Wrestling Federation (IKWF), a statewide program for wrestlers 8th grade and younger. Our program is designed to promote the sport of wrestling through instructional training of proper wrestling technique in a fun, yet competitive environment. The St. Charles Wrestling Club will travel to area tournaments sanctioned by the IKWF. Participants will compete against other wrestlers of the same age and weight division. The **season starts on November 6th** and runs through March.

Practices are held in the St. Charles East High School wrestling room. Many of our experienced and accomplished coaching staff members are also involved at the high school level.

Why Wrestle? Wrestling is the perfect foundation for all other sports. Wrestling is balance, agility, hand-eye coordination, flexibility, positioning, strength, speed, explosiveness, footwork, hustle, mental focus, concentration, mental toughness, core strength, competition, and endurance.

If you and your child are interested in a challenge like no other sport can provide, consider joining us. We offer separate instruction for beginners as well as those more advanced. For more information, please visit our website or call club director Howie Vitek at **630-728-6207**.

Register at stcewrestlingclub.net

**Come to Our OPEN HOUSE on
Wednesday, November 1st • 6-8pm**
Meet the coaches, staff, club members and watch the high school team show wrestling technique in the St. Charles East High School Wrestling Room.
(Enter door 39-across main gym at 1020 Dunham Road in St Charles)
Registration information will be available!

\$50 OFF REGISTRATION
Register on or before November 5th
Discount available online or in-person at the open house.
Offer available to all existing and new club members.



Questions? Feel free to email us at
stcharleseastwrestling@gmail.com

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