

ROCHESTER WRESTLING CLUB



FREESTYLE & GRECO TRAINING

Mayo High School Wrestling Room
1420 11th AVE SE Rochester

Practices will be held on Tuesday and Thursday
6:30 PM – 8:00 PM

March: 9th, 11th, 16th, 18th, 23rd and 25th

April: 6th, 8th, 13th, 15th, 20th, 22nd, 27th and 29th

May: 4th, 6th, 11th, 13th and 20th

Ages: cadets, Novice School boy and juniors

Cost: \$ 10.00 Cub fee

All wrestlers must have a USA wrestling card to participate

This can be purchased from USA Wrestling

For more information e-mail or call
Frank Galvan 507-251-8985
fgalvan@charter.net

Our mission is to give every wrestler the opportunity to learn, to achieve and go as far as their talents, abilities, and determination will allow them.

Wrestling links

<http://mnusa.wrestlingsystems.com> www.theguillotine.com

www.themat.com

State Greco & Freestyle May 21st & 22nd Rochester MN