



Youth Wrestling and Off-Season Training for All Ages

**YOUTH REGULAR SEASON
MID-OCTOBER - MARCH**



**GET YOUR
SON OR
DAUGHTER
ON THE MATS!**

WHAT IS WAVE WRESTLING ABOUT?



BUILDING FOR THE FUTURE

We believe that long-term success is driven by solid youth fundamentals in a supportive atmosphere.



DEVELOPING EVERY ATHLETE

Whether they have played no sports, loved team sports, have experience in combat sports Wave Wrestling will support the full development of your son or daughter.



SKILLS TRANSLATING TO COMPETITION

Not just wrestling moves but developing mental skills and learning how to compete.



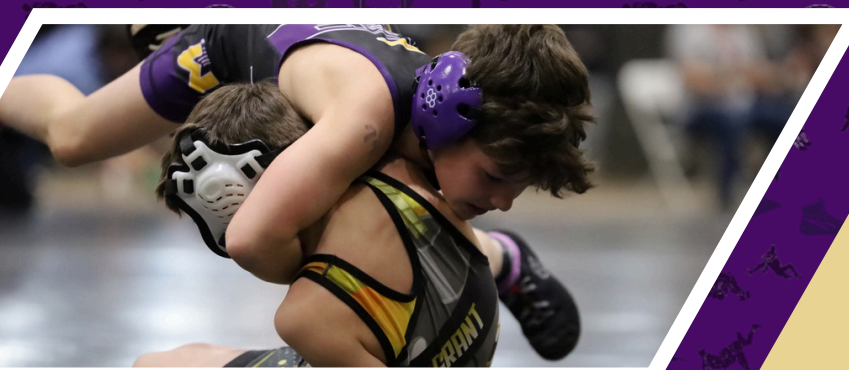
PROVEN RECORD OF SUCCESS ON THE MATS

Most dominant team in the area (more than 160 youth medals and 38 state champs) that have lead into multiple youth national placers, 4 HS national champions, 2 U.S. World Team Members, and multiple HS All-Americans.



LIFE SKILLS FROM WRESTLING

Confidence, Toughness, Strength, Hard Work, Speed, Courage, Self-Defense, Discipline, & Perseverance. It will make you better in every aspect of life.



UPCOMING PARENT MEETINGS

Come and find out about our program, coaches, competitions, practice times, etc. at either meeting

Monday September 29th

6:30 PM

Sunday October 12th

5:00 PM



901-289-3795



www.wavewrestling.com
wavewrestling@gmail.com



CBHS - 5900 Walnut Grove Rd, Memphis, TN