

M MIRAMONTE WRESTLING



**Preseason Open Mat Practices
for anyone interested in wrestling this year**

**All are welcome
No experience necessary
Try out a new sport**

**Develop new skills
Get in shape
Develop confidence, mental toughness, self
esteem**

**Email or DM us with any questions
matswrestlingteam@gmail.com**



Small Gym

Mondays 6:00pm-8:00pm

Fridays 3:15pm-5:15pm

