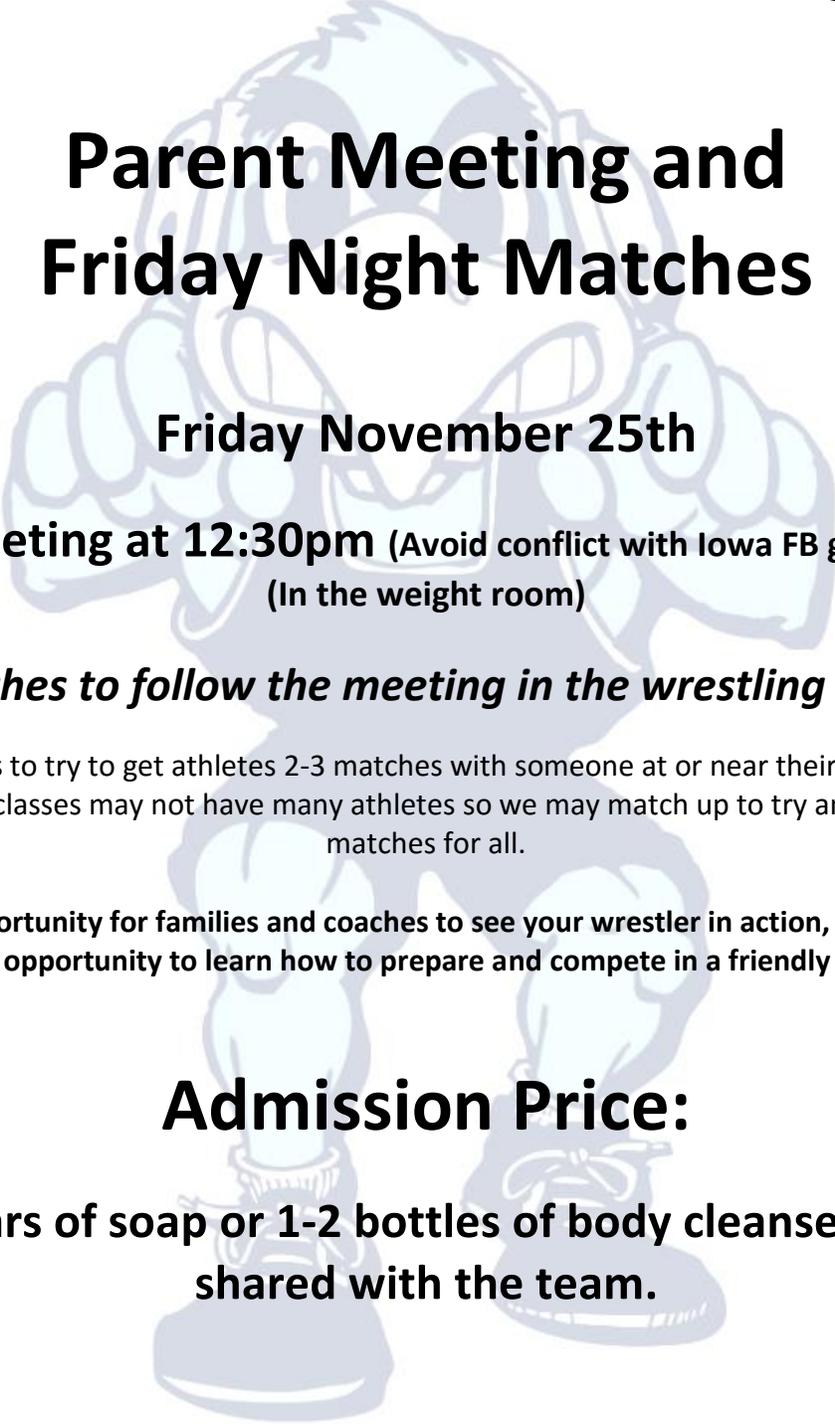


J-Hawk Wrestling



Parent Meeting and Friday Night Matches

Friday November 25th

Meeting at 12:30pm (Avoid conflict with Iowa FB game)
(In the weight room)

Matches to follow the meeting in the wrestling room.

The intent is to try to get athletes 2-3 matches with someone at or near their weight class.
Some wt. classes may not have many athletes so we may match up to try and get more matches for all.

This is an opportunity for families and coaches to see your wrestler in action, and to give the wrestlers an opportunity to learn how to prepare and compete in a friendly environment.

Admission Price:

2-3 bars of soap or 1-2 bottles of body cleanser to be shared with the team.

We hope to see you there.