



## **Freestyle and Greco-Roman Wrestling**

Practices are on Tuesdays and Thursdays from 6:00pm to 7:30pm. First practice dates are Tuesday, March 20<sup>th</sup> and Thursday, March 22<sup>nd</sup>. University of Minnesota wrestler James Berg will be coaching again this year!

Practices are at Cretin-Derham Hall in the Wrestling Room. Enter through the Activity Center doors near the intersection of Randolph and Albert. Turn left to go down the ramp to the Joe Mauer Field House then turn right to get to the locker rooms and wrestling room.

No club fees! Just purchase a USA Wrestling card for insurance and competing in open tournaments:

<https://www.usawmembership.com/>

Questions? Email [info@stpaulwrestlingclub.org](mailto:info@stpaulwrestlingclub.org) or visit our website:

<https://stpaulwrestlingclub.org/>