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**Mountain View Lil Mavs Wrestling**

**What:** Folkstyle Wrestling

**Ages:** Kindergarten – 8th Grade

**Where**: Mountain View High School Wrestling Room

(Eastern side of school the doors are by the football field)

**When**: Every Tuesday and Thursday - 6:00 PM-8:00 PM – Starting 11/06/18

Tournaments: Saturdays, entry fee est. @ $10 – $15 per wrestler

**Who:** Nathan Johnson and Mountain View Wrestlers will be coaching

**\*Anybody that would like to help please let me know.**

**Cost**: $100 (Program will run until April/May 2019)

**\*sibling discount available**

**You must have a valid Idaway or USA wrestling membership**

We primarily attend Idaway tournaments, but USA wrestling is welcome as well!

* <http://www.idawaywrestling.com/> - Jan–April - Folkstyle
* <https://www.usawmembership.com> – Oct–June - Folkstyle, Freestyle, and Greco



\*Sign up on site during practice

**We will hold a 2-week wrestling camp to get ready for the season**

**This would be a great chance to come on in and try it out!**

**November 6th – 15th Tuesday, Wednesday, Thursday 6:00-8:00**

**Tue-Wed-Thurs 6:00-8:00**

**Be ready to work hard and have some fun!**

**Practices will start full swing on December 4th**

* December 4th – 20th – Tuesdays and Thursdays 6:00-8:00
* Week off for the holiday break December 21st – January 7th
* Jan 8th – April – Tuesdays and Thursdays 6:00 – 8:00

**If you have any questions please reach out to me**

Nathan Johnson: 208-713-2157 (call or text)

Email: coachnate2017@gmail.com