

PENN MANOR

PMWC
WRESTLING CLUB

NOW RECRUITING FOR PENN MANOR'S FIRST-EVER ALL GIRL WRESTLING PROGRAM!

Girls in grades K-12 are invited to learn the sport of wrestling during twice-a-week evening practices at Marticville Middle School this Fall.

Wrestlers will leave the mat with...

- ✓ **CONFIDENCE**
- ✓ **RESILIENCE**
- ✓ **DISCIPLINE**
- ✓ **BASIC SELF-DEFENSE SKILLS**
- ✓ **GRIT & MORE!**

REGISTER TODAY AT
PMWRESTLING.COM/WP/SIGN-UPS

DATES & PRACTICE TIMES TBD

*PMWC is not affiliated with the Penn Manor School District

GIRLS WRESTLING IS GROWING! LEARN MORE AT WWW.SANCTIONPA.COM