



# Interested in Girls Wrestling?

Lincoln Girls Wrestling is hosting an Open House/Open Mat We are inviting all girls interested in wrestling to come to our practice and try it out for free! We want your daughter to come to our practice and participate with our coaches and wrestlers to see first hand what club wrestling is about. They will have the opportunity to participate in practice and learn about wrestling first hand!

**Wednesday, January 15, 2020 6 pm and  
Wednesday, January 29, 2020 6 pm**  
(Please feel free to come to both!)

Practices are at Lincoln High, 2229 J Street, in the wrestling room.  
Please use Door 29 on the south side of the building by the baseball field to enter

Our practices are structured to allow all levels of wrestler the opportunity to participate and learn. No special equipment is needed for practices, just comfortable clothes to workout in, usually shorts and a t-shirt and clean shoes.

**More details at [www.lincolngirlswrestling.com](http://www.lincolngirlswrestling.com)**

Lincoln Girls Wrestling is open to girls, ages 4 – 14 no matter what school they attend. Lincoln Girls wrestling practices are only open to girls so that they can learn and experience the sport of wrestling in a comfortable and encouraging environment.

**Follow us on Facebook**

or contact Pete Thew at (402) 413-5660 email [info@lincolngirlswrestling.com](mailto:info@lincolngirlswrestling.com)