



Interested in Wrestling?

Lincoln Warriors Wrestling Club is hosting an Open House/Open Mat. We are inviting everyone interested in wrestling to come to our practice and try it out for free! We want your child 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! Coaches will be available to answer any questions you might have.

**Thursday, January 16, 2020 6 pm and
Tuesday, January 21, 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.lincolnwarriors.com

The Lincoln Warriors Wrestling Club is open to all wrestlers, boys and girls, ages 4 – 14 no matter what school the wrestler is attending.

Follow us on Facebook

or contact Pete Thew at (402) 413-5660 email info@lincolnwarriors.com