



HILLS WEST
WRESTLING PRESEASON WORKOUTS

STARTING 9/28

TUESDAYS AND THURSDAYS
6:00-7:30PM
In the Hills West Wrestling Room

Season Starts 11/15 - BE READY!

***Workouts are open to all - beginners or
advanced***

Questions please reach out to Coach Gerondel via email
rgerondel.coltswrestling@gmail.com

APPROVED FOR DISTRIBUTION
OCT 18 2021
DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

Patrick Harrigan
10/18/2021