



# 2023-24 SEASON RAINIER HS WRESTLING

Welcome to the First Ever All Girls Wrestling  
Program as an OSAA Sanctioned Sport!

Season start is 11/13 At 3:00pm

Rainier Wrestling Room

All Girls are Encouraged To Join!

## Training Advantages

- Team & Personal Ownership
- Self-Defense & Self Awareness
- Mental and Emotional Resilience
- Cardio, Strength, Coordination
- Nutrition and Weight Management
- Discipline & Accountability
- Advantage in other Sports

If You have Questions

Contact Me

Female Head Coach

Katie Mealey

(503) 577-9573

