



2023-24 SEASON RAINIER HS WRESTLING

This season starts Monday, 11/13 at 3:30pm
Rainier Wrestling Room
All 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
- Travel

If You have Questions
Contact Me
Head Coach
Matt Hendricks
(503) 369-6374

