



# Join the Highlander Wrestling Team

**NEART AGUS ONÓIR**

Strength and honor

## About Highlanders Wrestling

- ❑ Wrestling is a winter sport that competes from mid-November thru February.
- ❑ Wrestling is open to both boys and girls and they compete separately.
- ❑ All body types can be successful.
- ❑ Competition is divided up by weight class so your opponent is about the same size as you.
- ❑ There are no try outs or cuts. If you come and work every day, you will be a Highlander Wrestler with a shot at a Varsity spot every week no matter your grade level.
- ❑ We are also looking for equipment managers and score keepers. We provide PE credit and letter jackets as well as all of your training.

*No Experience necessary. Anyone can wrestle, but not everyone is tough enough. Are You?*



### Check Us Out

Explore our Website

[www.highlanderwrestling.com](http://www.highlanderwrestling.com)

or follow the QR code

-Contact your counselor to change into the wrestling class

-If you are in another sport stay in that sport and just come to after school practices

### BE A PART OF THE SUCCESS!

- 10 State Champions
- 27 State Placers
- 15 Regional Champions
- 11 Team District Championships
- 467 Dual wins
- 7 Coach of the Year Awards

