



NORTH VALLEY RTC

REGIONAL TRAINING CENTER

Fall practices start Wednesday, September 4th
Welcoming grades Kindergarten - 6th Grade

WHY WRESTLE ??

Build a foundation for *all* other sports. Learn to work hard. Overcome obstacles.
NO experience necessary. Learn wrestling basics. Build on techniques. Have FUN!

WRESTLING WILL
HELP DEVELOP:

ATHLETIC ABILITIES - COORDINATION - DISCIPLINE
SELF CONFIDENCE - RESPONSIBILITY - MENTAL TOUGHNESS



North Valley Misfits

WHO: MISFITS FUNDAMENTALS

Mon & Wed | 6:30pm - 7:45pm

WHO: MISFITS ELITE (INVITE ONLY)

Mon | Wed | Thurs | 6:30pm - 7:45pm

WHEN: September 4th – November 20th 2024

WHERE: Pinnacle High School

3535 E. Mayo Blvd, Phx. 85050



- Year Round Wrestling Club
- Online Registration & Payment Options
- All returning Misfits must **RENEW** their **USAW membership for Fall Seasons.**
'Limited Folkstyle Athlete Membership'



www.nv-rtc.com



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nvmisfits@gmail.com