

# NA Tigers Junior Wrestling Program

Registration is now open for the 2023-2024 Wrestling Season!  
Free “Try-It Night” Clinics



Visit our website ([www.najuniorwrestling.com](http://www.najuniorwrestling.com)) to sign-up and join our program!

We have a long-standing reputation for excellence in the development of young wrestlers. The program has graduated wrestlers who have become PA State champions, NCAA champions, and even Olympians!

## WHY WRESTLING?

Wrestling is a great sport because anybody can do it. In this sport, you wrestle people that are the same weight as you; size is not an issue as it may be in other sports. The sport of wrestling also helps young people develop important qualities such as self-esteem, confidence, sportsmanship, work ethic and leadership skills. Wrestling develops agility, balance, reflexes and strength in every major muscle group and can dramatically improve one's ability to perform in other sports.

## EVERY CHILD COMPETES!

We generally practice three (3) nights per week, starting the **First week of November** and typically have a wrestling meet every other week. Your child will compete against all of NA's traditional rivals – North Hills, Mars, Fox Chapel, Hampton, Pine Richland, etc., so there are NO LONG DRIVES!

Wrestling is a great sport for boys & girls of all shapes and sizes – your child will compete against kids of similar age, weight, and level of experience! Every wrestler is a member of the team, and make lasting friendships with both team members and opponents. Many of our wrestlers bring home trophies for their hard work and dedication.

## WANT TO SEE IF THIS SPORT IS RIGHT FOR YOUR SON OR DAUGHTER? HAVE THEM GIVE IT A TRY!

Attend one of our **FREE BEGINNER'S CLINICS** at North Allegheny High School in the downstairs wrestling room. These Try-It Nights will be held on Wednesdays **9/27/23, 10/4/23, and 10/18/23** from **6:30 p.m. - 7:30 p.m.** We will also host a **girls only Try-It event** on Wednesday, **October 11th** from **6:30 p.m. - 7:30 p.m.** The clinics will provide kids a chance to find out what wrestling is all about, see what a practice is like, and have some fun!!! No equipment required, just gym clothes.



## QUESTIONS?

- Email us at [najuniorwrestling@gmail.com](mailto:najuniorwrestling@gmail.com)
- There is no pre- registration for the free clinics so feel free to just show up the night of the clinic.

The North Allegheny School District does not endorse this program/event/organization