

# NORTH WRESTLING

## THE FUTURE STARTS NOW

COME JOIN THE NORTH WRESTLING TEAM 7<sup>TH</sup>/8<sup>TH</sup> GRADES GIRLS AND BOYS

PRACTICE: MONDAY-TUESDAYS-WEDNESDAYS-THURSDAYS

WEEKLY PIZZA/DONUT PARTIES AFTER PRACTICE

PRACTICE TIME: 4:30-5:45

SHUTTLE BUS PICKS YOU UP AT GOODRELL AND TAKES YOU TO NORTH HIGH SCHOOL

SHOES AND GEAR WILL BE PROVIDED

COME GET STRONGER COME GET FASTER COME GET WINS

COACHES: TREVOR HIXON [TREVOR.HIXON@DMSCHOOLS.ORG](mailto:TREVOR.HIXON@DMSCHOOLS.ORG) 319-621-4994

DJ LEMVAN [DAMIAN.BACCAMLEMYAN@DMSCHOOLS.ORG](mailto:DAMIAN.BACCAMLEMYAN@DMSCHOOLS.ORG) 515-975-7777

HERE ARE SOME OF OUR ALUMS THAT HAVE COME THROUGH OUR WRESTLING PROGRAM

NOT ALL WENT ON TO BECOME WRESTLERS THEY ALSO DID OTHER SPORTS



**KEVON/DEAVIN/AIME/LOTTA/STANLEY**

**JOINING NORTH'S WRESTLING TEAM HELPED US BECOME BETTER ATHLETES AND STUDENTS.  
COACHES MOTIVATE TO MOVE FORWARD NO MATTER WHAT.**