

# Looking for a positive outlet for you or a friend's youth? Littleton Wrestling Club is it!

- For all genders from ages 4 to 18.
- While competition is not prohibited, we encourage individuals to wait for competition until they are technically ready and emotionally mature enough to wrestle in a competitive setting.
- However, this doesn't mean the athletes will be practicing for nothing. Similar to taekwondo, athletes will display for parents, peers, and coaches their proficiency in rules, techniques, and character a few times throughout the year, and earn colored shoe laces accordingly.
- Practices are centered around technique, athletic development, and FUN!
- Membership in Littleton Wrestling Club is FREE!

**Littleton Wrestling Club meets**  
**Tuesdays and Thursdays from 6:30 to 7:30 PM**  
**Littleton High School, 199 E Littleton Blvd, Littleton, CO 80121**  
**(follow the signs from Broadway)**

## INTERESTED?

Contact Joseph Moore  
Head Wrestling Coach at LHS  
720.990.8491  
jmoore@lps.k12.co.us

## Littleton Wrestling Club

