



# APPLE VALLEY YOUTH WRESTLING



**INVITES YOUR CHILD TO  
JOIN US THIS SEASON!**

**OPEN TO GRADES K - 8 BOYS & GIRLS WELCOME!**

**PRACTICES START ON  
THURSDAY, NOVEMBER 4<sup>TH</sup>, 2021  
AT 6:30 PM**

Apple Valley High School  
14450 Hayes Road  
Apple Valley, MN 55124

The Apple Valley youth wrestling club is designed to introduce the basic skills of wrestling, and also further advance the skills of those more experienced. Physical activity, building friendships, sportsmanship, and being part of a team, are the core foundations of this program. The Apple Valley Youth Wrestling club offers a high level coaching staff and has become one of the most successful youth programs in the state of Minnesota!

**TO REGISTER, VISIT OUR WEBSITE AT [AVWRESTLING.COM](http://AVWRESTLING.COM)**

**COME AND JOIN THE FUN!**

For more information please contact head coach Rudy James: (651) 925-6664 or at [rudiedawg@gmail.com](mailto:rudiedawg@gmail.com)