



Salem Parks & Recreation Vipers Freestyle Wrestling Team

For: Wrestlers interested in participating in the Winter Freestyle Program
This team is for wrestlers 2nd thru 8th grades

This team will travel all over Utah & Salt Lake Counties. A USA Wrestling Card will be required for most weekend tournaments.

This team will be a competitive team that works to improve wrestling skills while competing against some of the top wrestlers throughout the State.

Practice dates will be **Tuesday, Wednesday & Thursdays** with a few days off.
Tournaments will be held on Weekends. 6:00 to 7:30 p.m. at Salem Hills High School.

Coaches: Bryan Van Tassell and volunteer parents

Fee: \$45.00 to be paid at Salem Parks & Recreation

Start Date: First Practice, Thursday – January 7th

USA Card: Wrestlers will need to purchase there own card.

Apparel: Team T-shirt will be included with registration. Other apparel will be available for purchase.

Sign Up: Early Registration deadline; January 5th, 2010

