



## Salem Parks & Recreation Vipers Freestyle Wrestling Team

**For: Wrestlers interested in participating in the Winter Freestyle Program  
This team is for wrestlers 2<sup>nd</sup> thru 8<sup>th</sup> 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 7<sup>th</sup>**

**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 5<sup>th</sup>, 2010

