



**Registration Opens October 1<sup>st</sup> 2025**

**Try Wrestling for FREE  
November 24<sup>th</sup> & 25<sup>th</sup>  
in CRHS Wrestling Room  
6:00pm – 7:30pm**

Register at [www.coonrapidswrestling.org](http://www.coonrapidswrestling.org)

**Regular Season Practice Begins December 2<sup>nd</sup>  
Tuesdays' & Thursdays'**

**6:00pm – 7:00pm – Beginners (0-2 yrs of experience)  
7:00pm - 8:30pm - Advanced (3 yrs plus experience)**

**Register at [www.coonrapidswrestling.org](http://www.coonrapidswrestling.org)**

**All Practices will be held in the CRHS Wrestling Room**

Enter through door #16 in the back of Coon Rapids High School, go through the lunchroom through double doors and down stairs to the lower level to the wrestling room at the bottom of the stairs.

**No experience is necessary!**

**Cost \$100- which covers MNUSA card (\$60 value), t-shirt, shorts, snacks, and special events like pizza parties.**

**Your child will learn the basic skills of wrestling- the "Greatest Self Defense" in the World...while having fun!!**

**Equipment needed - shorts, t-shirt, and tennis shoes**

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