

**SIGN UP  
TODAY**

**2022-23**

**DELVAL  
WRESTLING**

**K-6 RAMS & WILDCATS  
7-8 TERRIERS  
9-12 TERRIERS**

**WE WANT YOU  
TO RASSLE!**

**GO TO**

**DELVALWRESTLING.COM**

<b>Novice practices</b>	<b>Tuesday, Thursday</b>	<b>6:15-7:15</b>
<b>JV/Varsity practices</b>	<b>Tuesday, Thursday, Friday</b>	<b>6:15-7:45</b>