



WRESTLING OPEN MAT

10/29/2024



WE WANT YOU!

Discover the world of wrestling with
Mo-Town Grapplers' Open Mat session.

Who: All Boys & Girls grades K - 5 in
Morristown, Morris Township & Morris Plains
No Experience Necessary

When: October 29, 2024 - **6:30 PM**

Where: Frelinghuysen Middle School

WHY WRESTLE?

- **Friends:** Build lasting friendships.
- **Skills:** Learn balance, discipline, and general athleticism.
- **Fun:** Enjoy a welcoming, engaging environment.
- **Grit:** Develop resilience and mental toughness.
- **Confidence:** Boost self-assurance and self-esteem.

www.MotownGrapplers.com