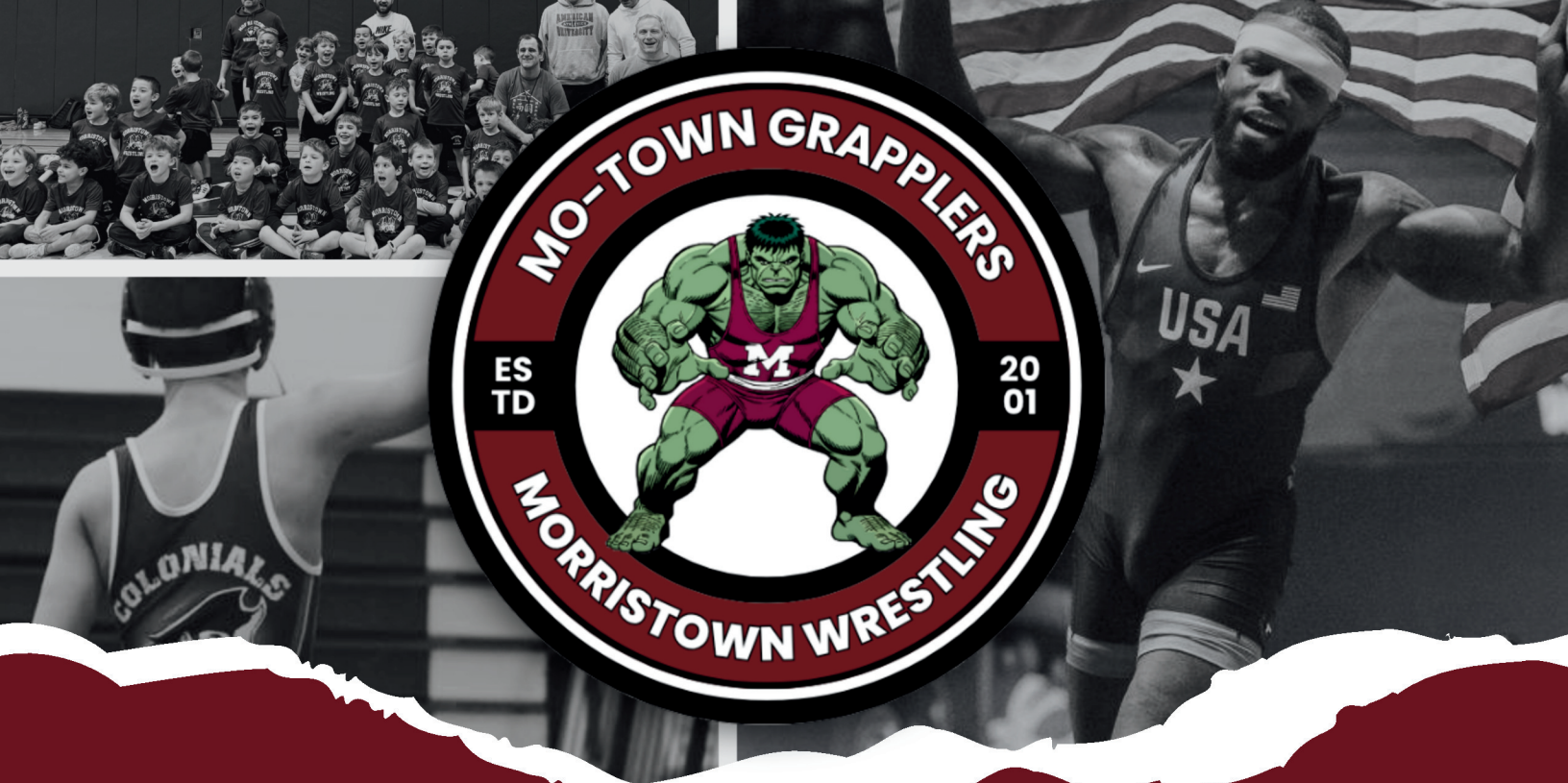




MO-TOWN GRAPPLERS CLUB WRESTLING OPEN MAT

October 27th, 2025

★ 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 27, 2025 - 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.

📍 JOIN US FOR "OPEN MAT NIGHT" - 10/27/25

Come try wrestling, meet the coaches, and see what it's all about. Scan the QR code to register or get details on our **Open Mat Night** and upcoming season!

www.MotownGrapplers.com

