



Team Vegas Junior Mustangs Wrestling

The sign up for Junior Mustang wrestling will be on October 15th at 5:30 pm at the Shadow Ridge High School wrestling room. The sign up will be a parents meeting that will provide you with the information needed for the upcoming wrestling season.

The Junior Mustangs is a feeder program for Shadow Ridge High School wrestling. This is a developmental program for the participants to gain the skills and technique essential for success at the high school level. Wrestling is the best sport that your son or daughter can participate in as it teaches discipline, a strong work ethic, and how to handle adversity. These skills will help our wrestlers be successful not just in the sport of wrestling but in later life. Once you have wrestled, everything else is easy.

The first practice will be on October 16th at the Shadow Ridge High School wrestling room from 5:30-7:30 pm. Practices will be held weekly on Monday, Tuesday, and Thursday from 5:30-7:30 pm. The cost for the season is \$300 which includes practice instruction, competition coaching, and competition gear. A USA card is required to practice and participate during the season and that card costs \$40 and can be purchased at the USA Wrestling website. Tournament entry fees are not included in this cost.

Practice gear needs to be provided and this includes athletic shorts, t-shirt, wrestling shoes, headgear, and knee pads (these are optional).

You can visit the website <https://www.usawmembership.com/login>

You can also visit our website <http://www.shadowridgewrestling.com/>

If you have any questions, contact Gabe Luna at 702-249-5074 or Gus Gledhill at 702-501-7493.

