

Hello FCA Family and HS Coaches,

As we all know this coming Tuesday is Election Day and there will be no school or wrestling practice. Because of that, we are inviting all area High School Wrestlers to come join FCA Wrestling practice this Tuesday, November 8th at 3:00 p.m. We understand there are many wrestlers that do not want to miss a day of training and we want to help. There will be no charge for this practice and feel free to spread the word. This will help us continue our goal of strengthening Virginia Wrestling for years to come.

United Sportsplex
10103 Residency Rd.
Manassas, Va, 20110

(Behind 7/11 on back side of building. We are now the first door you pass once you are on the back side of the building.)

Let us know if you have any questions.

See you on the mat!!

Coach Doug White