



# GET MAT TIME ON SUNDAYS!

***THE OBJECTIVE: to provide a day/time/facility where all area wrestlers can train in a collaborative and competitive environment.***

**WHO: wrestlers from NOVA and surrounding areas**

**WHAT: an opportunity to get mat time with area wrestlers and coaches**

**WHEN: Every Sunday starting April 2<sup>nd</sup>**

**TIME: 2:30-4:30PM**

**WHERE: Episcopal High School, Alexandria**

**REQUIREMENTS: USA Wrestling Card**

## **CONTACT:**

**Steve Castle (Head Coach, Episcopal HS)**

703-969-7443    [SRC@episcopalhighschool.org](mailto:SRC@episcopalhighschool.org)

**Roy Hill (Head Coach, Hayfield Secondary & Gunston WC)**

703-587-4068    [rhill3@fcps.edu](mailto:rhill3@fcps.edu)

**Tanner Sewell (Head Coach, Fairfax HS & NOVA WC)**

910-200-6544    [thsewell@fcps.edu](mailto:thsewell@fcps.edu)