

**GIRLS WRESTLING** is one  
of the fastest growing sports in the USA!!!

**SEASON STARTS NOVEMBER 1<sup>ST</sup>**

Dates: November 1, 2022 to March 12, 2023

Ages: 2nd - 8th grades

Cost: \$295\*

\*Financial help & split payment plan available  
(50% now and balance on Dec.1st)



SCAN ME

**MORE INFO &  
Registration Link**



**West Suburban Girls  
WRESTLING CLUB**

*Empowering girls to be champions in life...and on the mat*

*West Suburban Girls Wrestling Club is a proud partner  
of the Batavia Wrestling Club*

**TUESDAYS & THURSDAYS**

**6:30 PM @ METEA VALLEY HS**

**COACHES**

**Mateah Roehl**

- 2x NCAA All-American @ North Central College

**Asia Nguyen-Smith**

- 3x NCAA All-American @ North Central College

**Mia Rodriguez**

**CO-HEAD COACH**

- Graduate Asst. Coach @ North Central College
- Graduate Campbellsville

**Amanda Martinez**

**CO-HEAD COACH**

- Asst. Coach @ North Central College
- USAW U23 National Team Member
- 2x NCAA Runner-Up

**Yelena Makoyed**

- 2x NCAA Champion @ North Central College
- Pan-Am Games Gold Medalist
- Olympic Trials Qualifier

**Angelina Graf**

- Collegiate All-American @ North Central College

**MONDAYS**

**6 PM @ BATAVIA HS**

**COACHES**

**Sydney Perry, Batavia**

- National Champion
- 5<sup>th</sup> @ Worlds in Rome
- Pan-Am Games Silver Medalist
- 2x IL State Champion, Batavia High School

**Taylin Long, Batavia**

- Wrestler @ Aurora University
- Fargo All-American
- IL State Champion, Batavia High School

**W/ COACH BAYER & BHS GIRLS**



**ALL-GIRLS PRACTICES. ELITE FEMALE COACHES/MENTORS.**

**@ BATAVIA HS**

**Tuesday, October 18<sup>th</sup>**

**Thursday, October 20<sup>th</sup>**

**6-7 PM**

**GIRLS, TRY WRESTLING FREE – 2 LOCATIONS**

**"Rookie Nights"**

**@ METEA VALLEY HS**

**Monday, October 24<sup>th</sup>**

**Wednesday, October 26<sup>th</sup>**

**6:30-8 PM**



SCAN ME



## West Suburban Girls WRESTLING CLUB

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### FREE ROOKIE NIGHTS

Interested in wrestling, but not ready to commit? Come see why wrestling is for girls too! Join #TheWSGWFamily for our FREE Rookie Nights, and check out the FIRST ALL GIRLS wrestling club in the state of Illinois! Participate in wrestling-specific activities, connect with other girls in the area, and have some fun! You will also meet the WSGW coaching staff who are all members of the North Central College Women's Wrestling Team!

**Location:** Metea Valley High School (1801 N Eola Rd, Aurora)

**Dates:** October 24th & 26th (6:30-8:00pm)

**Ages:** 2nd - 12th grades

**Register:** [www.westsuburgirlswrestlingclub.com](http://www.westsuburgirlswrestlingclub.com)

#### Event Details

1. Parents must spend the entire time on the premises. This *IS NOT* a drop-off/pick-up event
2. A signed waiver must be completed prior to participation. Waivers will be available at the door.
3. Girls should wear workout gear with no metal (no zippers, snaps, etc.). Wrestling shoes *ARE NOT* required. Girls can participate in socks!

#### For More Information

[www.westsuburgirlswrestlingclub.com](http://www.westsuburgirlswrestlingclub.com)

Email: [westsuburgirlswrestlingclub@gmail.com](mailto:westsuburgirlswrestlingclub@gmail.com)

Phone: 517-526-3586

Follow us on Facebook, Twitter & Instagram



## West Suburban Girls WRESTLING CLUB

*Empowering girls to be champions in life...and on the mat*

### REGISTRATION IS NOW OPEN

Join WSGW and be a part of the FIRST ALL GIRLS wrestling club in the state of Illinois! Women's wrestling is one of the fastest growing sports in the nation, and #TheWSGWFamily is committed to "*Empowering girls to be champions in life...and on the mat.*" Wrestling can help girls build confidence, raise self-esteem, learn self-defense techniques, develop discipline, and so much more! Coaches include some of the most highly decorated female wrestlers in the nation: Amanda Martinez, Mia Rodriguez, Sydney Perry, and members of the North Central College Women's Wrestling Team.

**Locations:** Metea Valley High School (1801 N Eola Rd, Aurora)  
Batavia High School (1201 Main St, Batavia)

**Dates:** November 1st - March 11th

**Time:** Mondays 6:00-7:30 (Batavia HS)  
Tuesdays & Thursdays 6:30-8:00pm (Metea Valley HS)

**Ages:** 2nd - 8th grades

**Register:** \$295: [www.westsuburgirlswrestlingclub.com](http://www.westsuburgirlswrestlingclub.com)

\*Each wrestler must have a current USAW card. Cards are available for purchase at [www.usawmembership.com](http://www.usawmembership.com), and are good through 8/31/23.

\*Scholarship/financial assistance available as needed

WSGW is a not-for-profit organization that was created by a "consortium" of local wrestling clubs in an effort to promote women's wrestling. All members of WSGW are also able to practice with the following clubs FOR FREE:

Aurora WC, Batavia WC, Fox Valley WC, Naperville WC, Oswego WC

#### For More Information

[www.westsuburgirlswrestlingclub.com](http://www.westsuburgirlswrestlingclub.com)

Email: [westsuburgirlswrestlingclub@gmail.com](mailto:westsuburgirlswrestlingclub@gmail.com)

Phone: 517-526-3586

Follow us on Facebook, Twitter & Instagram

Follow @BataviaGirlsWR on Twitter & Join the Group "Batavia Wrestling" on Facebook

If you live in Batavia School District and are in need of financial assistance, please contact Coach Bayer at [scott.bayer@bps101.net](mailto:scott.bayer@bps101.net)