

*Mustang
Wrestling
Club*



DH
WRESTLING

Join the Mustang Wrestling Club!

 **Location: Hempstead High School, 3715 Pennsylvania Avenue, Dubuque, Iowa 52002**

 **Schedule: Monday and Wednesday nights from 5:45 PM to 7:00 PM starting in November**

 **50 dollars (for full season)**

 **Contact info: Head Coach Brett Haas - brhaas@dbqschools.org**

Are you ready to join the Hempstead wrestling program? The Mustang Wrestling Club is the perfect place for young athletes to build fundamental wrestling and gymnastics skills, enhance mental toughness, and forge lasting relationships with teammates and coaches. Led by coach Brett Haas and Darrin Kaisand, along with several other high school coaches and wrestlers, our program is designed to support your athletic and personal growth for athletes of all ages.

**PARENT MEETING: WEDNESDAY,
OCTOBER 16TH AT 6:00 PM. LOCATED IN
THE HEMPSTEAD HIGH SCHOOL
CAFETERIA.**