

**Herrick Middle School Wrestling Intramurals**

**When:** November 29 and 30

December 1, 6, 7, 8, 13, 14, and 15

**Time:** 3:20 pm - 4:20 pm

**Where:** Small gym

**Topics Covered:** Health, Nutrition, Conditioning, Strength Building, Balance, Hand Eye Coordination, Social Development, Character Building

If you are interested in Wrestling Intramurals, see Mr. Vidovic in Room 100 or send an email: [jvidovic@dg58.org](mailto:jvidovic@dg58.org)

