

INTERESTED IN WRESTLING?

TRY IT OUT WITH THE DIERUFF & EAST SIDE YOUTH CENTER COACHING STAFF

For Boys AND Girls K-6

Wrestling Teaches:

- Conditioning
- Discipline
- Self-Esteem
- Self-Defense



Open Mat Sessions: 6:00 – 7:30

Wednesdays: 10/9, 10/16, 10/23 & 10/30

Location: Dieruff Wrestling Room – enter the school via the ramp on the side of the building next to Andre Reed Way

Contact:

Dieruff Head Coach Jordan Glykas: 484-597-1275 or
jordanglykas@gmail.com

**To find out how to continue wrestling through the 2024-2025 season,
contact East Side Youth Center:**

- **Coordinator Ron Simmons 610-653-0613 or
ronosimmons@gmail.com**
- **Assistant Coordinator Mike D'Amore 610-393-5591 or
damore.michael@gmail.com**