

# Century Knights Wrestling

---

- Open Mats in September, October, and November
- Day #1 of practice on Wednesday 11/15
- All wrestlers must be registered on Family ID with a physical to participate in Open Mats/Practice
- Contact Coach Blessing in person or at [zabless@carrollk12.org](mailto:zabless@carrollk12.org)

## **CENTURY WRESTLING**

### **OPEN MATS**

**SEP 12, 19, 26**

**OCT 3, 10, 17, 24, 31**

**NOV 7, AND 14**

**5:30PM-7:00PM**