



# RESTON HERNDON YOUTH WRESTLING

Introduce your kids (boys and girls!) to wrestling!  
Part of the ancient Olympics in 708 BC, wrestling is  
recognized as the world's oldest competitive sport.  
Find out more about Rhino wrestling:

<https://rhyouthwrestling.org/>

Wrestling season starts November 2021 and runs  
through mid-March 2022. Practices at South Lakes  
High School; clinics with other organizations; compete  
with teams in VA, MD, WV and PA through the  
Mason Dixon Wrestling League.



**"Once you've wrestled,  
everything else  
in life is easy." *Dan Gable***

**Learn the facts**—What is wrestling? Hear  
about the 10 reasons why kids should wrestle?  
What is Reston Herndon Youth Wrestling  
(RHYW) Rhinos and its role in the community?

**USA WRESTLING** is the National Governing Body for  
the Sport of Wrestling in the United States.  
Membership means that we are part of a wrestling  
community and your coaches are certified in teaching  
wrestling and safe sports.



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Contact us: [RHYouthWrestling@gmail.com](mailto:RHYouthWrestling@gmail.com)

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