



RAMS WRESTLING

register today for the

2024-2025 SEASON

PRACTICES AT
HOLLAND TOWNSHIP
ELEMENTARY

Novice

Tuesday, Thursday
6:15-7:15

JV/Varsity

Tuesday, Thursday, Friday
6:15-7:45



LADY TERRIERS
PRACTICE AT
DEL VAL HS

K-12

Monday Evenings
time: TBD