



LEGEND WRESTLING



CONTROL YOUR
DESTINY.

CREATE YOUR
LEGACY.

A PREMIER WRESTLING
CLUB AND FACILITY IN THE DMV

- Year-round training opportunities for girls.
- Personalized Instruction and programs.
- All female sessions with dedicated female coaching staff.
- Sport and gender specific nutritional counseling and strength training.

TRAINING PHILOSOPHY

Girl's wrestling is exploding across our nation and Legend Wrestling Club is proud to embrace this movement. We will have a girl's club and team for all ages where young girls can learn the sport and experienced girls can excel and prepare for events like Fargo, Women's Nationals etc. Girls with no or limited experience are recommended to do our beginners program until they are ready to join the Girls program. Girls that meet the requirement to participate in the full Legend program may enroll in the full program. They will still have access to the all-girls practices and may choose to participate in either practice depending on the night and her preference. We are committed to growing the sport for girls and helping girls and young women who are part of the sport excel.

Legend Wrestling Club

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