



72 North Main - P.O. Box 129  
Garland, UT 84312  
(435)257-3118

## Bear River Spring Wrestling

Registration Dates- January 20<sup>th</sup> – February 24<sup>th</sup>  
How to Register- Online at [garlandutah.org](http://garlandutah.org)  
Season End Date- April 18<sup>th</sup> (State Tournament)  
Cost- \$55

Bear River Spring Wrestling is a great way to increase your wrestling skills and knowledge. This program is the sole spring wrestling program that is affiliated with the Bear River High School Wrestling Program, therefore it is catered to help all ages and ability levels to best boost the high school program. During the spring wrestlers will learn freestyle, greco, and folkstyle wrestling. Every wrestler will be able to maximize their opportunity to get better through practice and open room nights. The wrestling room is open for this program 5 nights a week for group sessions and extra workout periods. Wrestlers will have the opportunity to go challenge themselves at weekend tournaments sponsored by USA Wrestling. There is also two high level folkstyle tournaments that the wrestlers can attend. These two tournaments are the Intermountain Warrior Challenge and the Reno Worlds tournament. Teams from across the country come to challenge themselves at these tournaments and Bear River has prided itself on having wrestlers place every year.

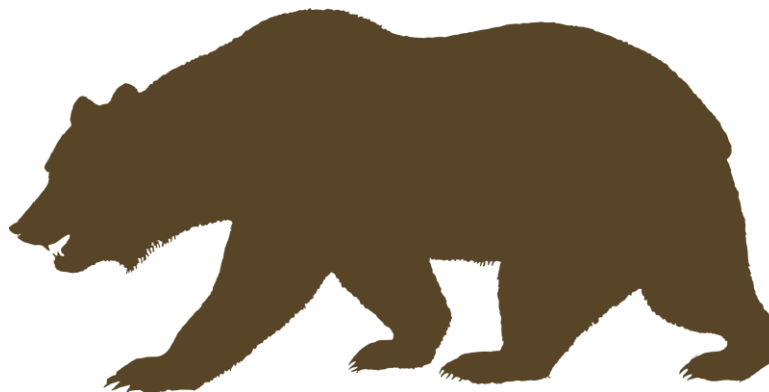
If you are wanting to better yourself as a wrestler and individual come join the spring wrestling program. You will get to learn from coaches that help with all the other programs, including the high school.

### Coaching Staff:

Chuck Bingham- Jr High Coach  
Josh Staheli- Jr High Coach  
Nick Bingham- High School Coach  
Zack Bingham- Coach  
Jason Bingham- High School Coach  
Caleb Hardy- High School Coach  
Nate Wright- Jr High Coach  
(Other Coaches As Needed)

For Questions please contact:

Matt Cutler: 435-230-8907 or [matt@garlandutah.org](mailto:matt@garlandutah.org)  
Chuck Bingham: 435-512-7803



A Family Community