



CAHABA GRAPPLING CLUB

East Jefferson County's Premiere Wrestling Club

Our Commitment:

We are committed to shaping the young men of this area on and off the mat. We believe that sound fundamentals, hard work, and integrity pay off on the wrestling mat and also in life. We are dedicated to helping these competitors grow in their knowledge, love, and respect for this great sport, while equipping them with the tools to reach their goals as an athlete and person.

Our Coaches:

Matt Dennis - 2x Alabama State Champion and State placer for Erwin High School. Wrestled in college at the University of Tennessee @ Chattanooga. Matt has most recently been involved in coaching the successful USA Wrestling youth program in Trussville.

Wade Preston - State Placer at HewittTrussville High school under Coach Mark Snider. Wrestled in the NCWA program at Auburn University under National Greco Champion and NCAA placer Reid Lamphere. Wade has five years of coaching experience between Auburn High, Auburn Jr. High, and Hewitt Middle School, where he has coached numerous state and county champions.

Practice:

Club Practice will be Monday & Wednesday, (Beginning March 7th) at 6:30pm. We are currently practicing in the "Blue" Gym of the "Old Jr. High School. We are working on getting a facility to go on Sunday afternoons also. Cost will be \$36.00/month. Scholarships are available where needed, and discounts for siblings are also available.

Contact:

If you have any questions or concerns contact Matt (205) 383-5623
matt_dennis@charter.net or Wade (205) 296-5647_
wadepreston@gmail.com