

The sights we adore on the basketball floor are wrestling mats door to door.

Lincoln Highway Wrestling Club

5250 Technology Ave.
Chambersburg, PA 17201

Goals of the LHWC:

1. To enhance the sport of wrestling in the Chambersburg Area School District.
2. To improve the strength and conditioning of its athletes.
3. To improve the skills and techniques in Folkstyle wrestling.
4. To expose its athletes to Freestyle and Greco Roman wrestling.
5. To support the Chambersburg Wrestling Booster Club in fundraising efforts.

Costs:

Membership begins on September 1 each year.

Cost per wrestler will be \$200.00 and each wrestler must purchase their own USA wrestling card.

For those that have their own USA wrestling card and do not want a full membership, each practice will be \$10.00

Director: Matt Mentzer (717-830-6693)

*Two Time NCAA Division II All-American

*Former Assistant Coach at Shippensburg University

*Assistant Coach at Chambersburg High School

Coach Mentzer's Goals for LHWC:

1. PIAA/PJW State Wrestling Champions.
2. Win a District III Team Championship.
3. Qualify wrestlers for Fargo and PAWF National Teams.
4. Freestyle/Greco Roman All-Americans.
5. Continue to grow the sport of wrestling in Chambersburg and Franklin County.