

Zumbrota-Mazeppa Youth Wrestling

The youth wrestling season will be starting soon and we'd like you to join us!

Youth wrestling is available for all students in Pre-K through 6th grade. The focus will be on skill development, exercise, team building, life lessons, and, of course, fun!

This year our wrestling program will be offering a **FREE wrestling practice**.

- Who? For beginners or those who wish to try wrestling again
- When? Tuesday, November 24th from 6:00 PM - 6:45
- Where? Mazeppa Elementary School wrestling room
- Why? To introduce wrestling in a non-threatening environment to kids of similar ability and knowledge levels
- What to wear? T-shirt, gym shorts, clean tennis shoes, and clean socks
- Parents and children are invited to registration following the free practice.

Registration night will be Tuesday, November 24th at 7:00 PM in the Mazeppa School gym.

We'll walk through:

- Practice, open mat, scrimmage, and tournament schedules. Over 25 planned events!
- Coaching and program philosophy
- Opportunity to order singlets, warm ups, community calendars, and t-shirts for parents
- Buy, sell, or donate wrestling gear. Bring your unwanted items with prices marked.
- Kwik Trip family accounts (earn money to cover wrestling expenses!)
- Cookies and juice will be served.
- Fee per family is \$40 for 1 wrestler, \$70 for 2, \$90 for 3, and \$100 for 4 wrestlers. Registration fee covers practices, wrestler t-shirt, and home tournament registration.

Attention Football Players: Many of the body positions and skills required to be a good football player are the same positions and skills we work on in wrestling. Many current and past NFL players wrestled including WR Roddy White of the Falcons and LB Ray Lewis of the Ravens. *"Wrestlers make coaching football easy. They have balance, coordination, and as a staff we know they are tough."* -Tom Osborne, College Hall of Fame Coach

Practice will start Monday, December 7th in the Mazeppa wrestling room. Practices will be broken out by grades and meet regularly each Monday with open mats on most Thursdays.

- Pre-K through 3rd: 5:45 PM - 6:45
- Grades 4th through 6th: 6:45 PM - 8:00

Thank you for considering wrestling!

Your coaches,

Mark Krier, Chris Lexvold, Seth Beyer, and Tony Brown

Questions or unable to attend Registration, please e-mail youthcoordinator@zmwrestling.com. For copies of the registration form, schedule, or other information visit our web site:

www.ZMWrestling.com/youth

