

# 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 6<sup>th</sup> 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 clinic**.

- Who? For beginners or those who wish to try wrestling again
- When? Tuesday, November 6<sup>th</sup> from 6:00 PM - 6:50
- 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 learn more at registration following the free clinic.

**Registration night** will be Tuesday, November 6<sup>th</sup> 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!)
- 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.

## **Why Wrestle?**

- Wrestlers come in all shapes and sizes, no matter your height or weight there is a place for you.
- Wrestling brings kids (and adults) together. Lifelong bonds are formed through this sport.
- Wrestlers learn to respect themselves, their teammates, coaches, and opponents.
- Wrestling helps you with other sports. Wrestling improves balance, reflexes, strength, endurance, and agility. Learn how to set goals and what it takes to accomplish them.
- Fun! Wrestling is a game after all. Join your friends and come make new ones!

**Practice** will start Monday, December 3<sup>rd</sup> 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 3<sup>rd</sup>: 5:45 PM - 6:45
- Grades 4<sup>th</sup> through 6<sup>th</sup>: 6:45 PM - 8:00

**FREE Physical Fitness nights** will be held on Monday, November 19<sup>th</sup> and Monday, November 26<sup>th</sup> from 6-7:00 PM in the Mazeppa wrestling room. Fun activities are planned to help with strength, speed, agility, and endurance. Wear a t-shirt, gym shorts, and clean tennis or wrestling shoes.

Thank you for considering wrestling!

Your coaches,

Chris Lexvold, Seth Beyer, Tony Brown, and Jeff Matthees

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

**[www.ZMWrestling.com/youth](http://www.ZMWrestling.com/youth)**