

# Zumbrota-Mazeppa Youth Free Wrestling Night

**Who:** Beginners or those who want to try wrestling again

**Grades:** Pre K-6<sup>th</sup>

**When:** October 28<sup>th</sup>, 6:30-7:30 pm

6:30: introduction to basic rules (Steffen)

6:45: introduction to wrestling positions: top, down, neutral (Krier)

7:00: Introduction to wrestling stance (Stensland)

7:10: Introduction to double leg takedown (Captains)

7:15: Introduction to half nelson (captains)

7:20: Game: Sharks and minnows

**Where:** Zumbrota-Mazeppa wrestling room. Our wrestling room has moved; it's located at the elementary school in Mazeppa. Call 507-358-1344 (Link Steffen) for specific directions.

**Cost:** FREE

**What to wear:** t-shirt, gym shorts, clean tennis shoes, and clean socks!

**Purpose:** To introduce wrestling in a non-threatening environment to kids of similar ability and knowledge levels.

## **Coaches/helpers:**

Link Steffen: Head Varsity wrestling coach

Mark Krier: Assistant Varsity wrestling coach

Tony Stensland: JH wrestling coach

Varsity Captains: Hunter Prodzinski, Chase Steffen, Cody Heitman

*'More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill – none have wrestled without pride'*

*Dan Gable*

If you have any questions please contact Link Steffen at:

*coachsteffen@zmwrestling.com or 507-358-1344 after 4:00pm weekdays*

***GO ZM WRESTLING!***