

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 clinic**.

- Who? For beginners or those who wish to try wrestling again
- When? **Monday, November 4th** 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 **Monday, November 4th** 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. Scholarships are available. 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 2nd** 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

FREE Physical Fitness nights will be held on **Monday, November 18th** and **Monday, November 25th** 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, Jeff Matthees, Briant Fruth, and Ryne McNamara

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