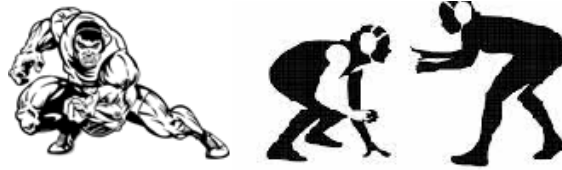


Zumbrota-Mazeppa Youth Wrestling



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

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

Open House during school conferences on Monday, November 8th and Tuesday, November 9th from 5:30 PM - 7:30 PM. Swing by and explore the wrestling room in the Mazeppa school, meet the coaches, and learn more about the wrestling program. Bring your unwanted wrestling gear to sell or donate.

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 15th *Girls only:* 5:30 PM – 6:15. *Anyone:* 6:30 PM - 7:15
- 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 with questions are welcome to speak with the coaches following the free clinic

Register online through Community Education by Wednesday, November 17th to receive a t-shirt.
https://www.zmschools.us/community_ed/registration/online_registration

Fee is \$40. Scholarships are available. Registration fee covers practices, wrestler t-shirt, and home tournament registration.

Register today so you don't miss the opportunity to order singlets, warmups, and clothing. We also have wrestling families that will buy, sell, or donate used wrestling gear. Once registered, your e-mail will be added to our e-mail distribution group (zm-youth-wrestling@googlegroups.com). You can also find ZMWrestling on the web, Facebook, and Twitter. <https://www.ZMWrestling.com/youth>

FREE Physical Fitness night will be held on Sunday, November 21st from 5-6:00 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.

Practice will start the week of December 5th in the Mazeppa wrestling room. Practices will be broken out by grades and regularly meet each week for 10 weeks. There will also be a weekly open mat practice with a varied schedule (most likely Thursdays right after school until 4:15 PM).

- Pre-K and Kindergarten: Sundays 4:00 PM – 5:00
- Grades 1st through 3rd: Sundays 5:15 PM – 6:30
- Grades 4th through 6th: Tuesdays 7:15 PM - 8:30 on 1st and 3rd weeks of the month. Mondays 7:15 PM - 8:30 on 2nd, 4th, and 5th weeks of the month.

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!

Thank you for considering wrestling!

Questions? please e-mail chris.lexvold@gmail.com. For schedule, or other information visit our web site:

www.ZMWrestling.com/youth