

## 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 6<sup>th</sup> 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 Tuesday, November 12<sup>th</sup> and Thursday, November 14<sup>th</sup> 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 18<sup>th</sup> - **Girls only:** 6:00 PM – 6:45 PM. **Anyone:** 6:45 PM - 7:30 PM
- Where? Mazeppa Elementary School wrestling room
- Why? To introduce wrestling in a non-threatening environment to kids of similar ability and 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 Tuesday, November 26<sup>th</sup> to receive a t-shirt.

[https://www.zmschools.us/community\\_ed/registration/online\\_registration](https://www.zmschools.us/community_ed/registration/online_registration)

Fee is \$50. Scholarships are available. Registration fee covers all practices, wrestler t-shirt, and the home tournament registration

**Register today** so you can order singlets, warmups, and team gear. Link to order new gear: <https://bsnteamsports.com/shop/ne7oSowsFn> \*Orders Due: Thursday, November 14<sup>th</sup>

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 Monday, November 25<sup>th</sup> from 6:00 PM – 7:00 PM in the Mazeppa wrestling room. Fun activities are planned to help with strength, speed, agility, and endurance.

**Practice** will start the week of December 2<sup>nd</sup> in the Mazeppa wrestling room. Practices will be broken out by grades and regularly meet each week for 10 weeks. Grade level practices will be every Monday evening on the following dates: December 2, 9, 16, January 6, 13, 20, 27, February 3, 10 and Tuesday, February 18.

- Pre-K and Kindergarten: 5:45 PM – 6:45 PM (JV Wrestling Room Mazeppa)
- Grades 1<sup>st</sup> through 3<sup>rd</sup>: 5:45 PM – 6:45 PM (Varsity Wrestling Room Mazeppa)
- Grades 4<sup>th</sup> through 6<sup>th</sup>: 6:45 PM – 8:00 PM (Varsity Wrestling Room Mazeppa)

There will also be a weekly open mat practice with a varied schedule (most likely Thursdays right after school until 4:15 PM OR Thursday evenings). Please check the calendar and listen for announcements.

## 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!

**Questions?** please e-mail [mschaefer1@hotmail.com](mailto:mschaefer1@hotmail.com) or call Mat Schaefer @ 507-208-1122

Or e-mail [bfruth14@gmail.com](mailto:bfruth14@gmail.com) or call Briant Fruth @ 507-421-9235

For schedule, or other information visit our web site: [www.ZMWrestling.com/youth](http://www.ZMWrestling.com/youth)