

## Selinsgrove Elementary Wrestling

There will be two nights to sign your child up for wrestling. Both will be in the High School cafe from 6:30-7:30. The first date will be **Tuesday 10/26** and the second will be on **Thursday November 4th**. You may come to either one.

The cost to participate is \$30 and all your wrestler will need is shoes and a headgear. We do have a box full of shoes from past wrestlers, so it may be a good idea to come see what we have before buying new ones!

K-2 will practice once a week on Monday nights from 6:00-7:00 at the high school. We will not be wrestling JV bouts on Sundays like years past. We feel that the majority of wrestlers that age are not ready for competition. If you as a parent feel your wrestler is ready for that, tournaments are available if you can find them. At this age, we plan to focus more on having fun and learning the basics of a very technical sport. At this time, we plan to wrestle the K-2 at a JV tournament, in February, for any wrestlers that would like some competition to end the season.

3-6 will be coached by Tim Carter along with many parents that help in the room. This level practices at the middle school 2-3 times per week for 75-90 minutes at a time. This level will wrestle in dual meets each Sunday, some home and some away. There will also be a few tournaments if all goes to plan.

Schedules can be found on our site. Please check out our website as nearly everything Selinsgrove wrestling related can be found there. [www.selinsgrovewrestling.org](http://www.selinsgrovewrestling.org)