

## Selinsgrove Elementary Wrestling

There will be two nights to sign your child up for wrestling. Both will be in High School room 100 from 6:00-7:00. The first date will be **Tuesday, October 29<sup>th</sup>** and the second will be on **Thursday, November 7<sup>th</sup>**. You can come to either one.

The cost to participate is \$30 and all your wrestler will need is shoes and 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!

### Kindergarten - Grade 2

This level will be coached by Kellon Ballum. This level practices once or twice a week from 7:00-8:00 pm at the high school. I realize this is later than ideal but with the addition of girls wrestling we have limited availability of the mat rooms. This level will be wrestling JV bouts on Sunday afternoons after the 3-6 level dual meets. More information on how this works will be coming. We focus on the basics of wrestling and having fun at this level. Don't get me wrong, they will work hard. We need parent helpers so if you are willing to help with crowd control and simple techniques, it will require a child abuse clearance and a criminal background check within the past 5 years. However, if you get cleared to help, you must help and cannot just spectate as a parent in the room. No adults without clearances are permitted in the mat room.

### Grades 3-6

This level will be coached by Chris Grill and practices at the middle school 2-3 times per week for 90 minutes at a time, normally from 5:45-7:15. 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. While this level has varsity and JV, **all wrestlers will compete and get matches.**

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

You can also join our Facebook page "Selinsgrove Wrestling" and see what we're all about!