

Selinsgrove Elementary Wrestling

There will be two nights to sign your child up for wrestling in person. Both will be in High School room 100 from 6:00-7:00. The first date will be **Monday, October 20th** and the second will be **Wednesday, October 29th**. You can come to either one. You can also register whenever you'd like by scanning the QR Code

The cost of participating is \$30, and all your wrestler will need is shoes and headgear. On the night of registration, you can pay by cash, check, or preferably, Venmo. This year there will be an additional \$50 deposit to be given a singlet. On the night singlets are given out you must pay \$50 to receive one. At the conclusion of the season when you turn it in, you will be given the \$50 back. If you choose to have your child only practice and not compete, you will not need to pay the deposit of \$50.

Novice

This level will be coached by Justin Smith and Travis Anyolik. This level practices once or twice a week from 7:00-8:00 pm at the high school. We 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 varsity 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.

JV

This level will be coached by Chris Grill and Kellon Ballum and practice at the middle school 2-3 times per week for 65 minutes at a time, normally from 5:40-6:45. This level will wrestle in JV bouts after varsity duals each Sunday, some home and some away. There will also be a few tournaments if all goes to plan.

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Varsity

This level will also be coached by Chris Grill and Kellon Ballum and practices at the middle school 2-3 times per week for 85 minutes directly after the JV group, normally from 6:50-8:15.

This level will wrestle in the varsity dual meets each Sunday, some home and some away.

There will also be a few tournaments that they will be encouraged to attend.

Placement Practices

You may be wondering which group will my child be in? That will be determined by the elementary staff during the placement practices (TRY IT) to be held on Monday, 11/3 for grades

K-2 and Wednesday, 11/5 for grades 3-6, and Thursday 11/6 for all girls. The coaches will evaluate the level each wrestler is at and place them all in a group that will be most beneficial for your child. Throughout the year, if the coaches see that a wrestler should be moved to another group, you the parent will be notified, and the wrestler will be replaced. This plan is in place so that each wrestler is in a group where he/she can thrive and get the experience best suited for him/her. Make no mistake, we aim to keep all wrestlers within the program and strive to make sure each wrestler is placed in the appropriate group.

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

Lastley, join the intsateam group "Selinsgrove K-6 Wrestling (25-26)" Code is MARKPN

You can register online now by scanning the below QR Code and paying either by venmo, or in person on one of the sign-up nights.

