

PAOLA KIDS WRESTLING

An Olympic sport for everyone!

WHY WRESTLE?

The Paola Kid's Wrestling Club's mission is to give youth wrestlers the opportunity to learn the sport of wrestling through a positive practice environment. We will provide young wrestlers with real-life experiences that build and strengthen character trait, such as:

Self reliance
Mental toughness
Work ethic
Competitive spirit

Responsibility
Self discipline
Goal orientation
Self confidence



CLUB INFORMATION

WHO:

Any boy or girl of any size ages Kindergarten—8th grade.

PRACTICE:

Monday & Wednesday

Novice (Beginner) Practices
5:30—6:30 Starting 11/27

Open (Advanced) Practices
6:30—8:00 Starting 11/6

Thursday Conditioning Practices
5:30—7:00 Starting 11/30

IMPORTANT DATES:

Sign-Up/Informational Meeting:
Monday, 11/27 6:30 pm

WHERE:

PHS Wrestling Room

COST:

\$70 Club Fee (\$50 each additional kid from the same household) Includes: USA Wrestling Competitors Card, Insurance, enrollment, & instruction.

\$60 Deposit for competition singlet

PRE-SEASON CLINIC

New to wrestling...Want to try it out to see if it's something you like? Perhaps you need a technique refresher? Come to our pre-season clinic. Paola Wrestling Club is hosting a pre-season clinic that will introduce you to the system and techniques we use to teach the sport of wrestling.

All sessions are geared toward your 1st and 2nd year wrestler but all are welcome.

WHEN: Mon 11/13, Wed 11/15, Thur 11/16 5:30 - 6:30 pm

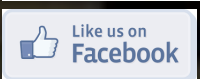
COST: \$37 per kid includes all three sessions. Fee is applied to club fee.

REGISTER ONLINE BY 11/06 (CLUB) OR 11/13 (CLINIC)

@ www.paolawrestling.com/membership

VISIT US ONLINE @ PAOLAWRESTLING.COM

FACEBOOK.COM/PAOLAWRESTLINGCLUB



"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill—none have wrestled without pride." - Dan Gable

FOR MORE INFORMATION CONTACT:
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