

# Fond du Lac Youth Wrestling Winter Wrestling



[www.fonddulacwrestling.com](http://www.fonddulacwrestling.com)



## Cardinal Kids Wrestling Program (5K – 2<sup>nd</sup> grade)

- Program will run **Tuesday evenings: January 8 – February 19, 2019, 5:15 – 6:15<sup>pm</sup>**
- Practices at Riverside Elementary School Gym – Wrestling Room (South Balcony).
- Registration is 30 minutes prior to first practice on **January 8<sup>th</sup>, 4:45 – 5:15<sup>pm</sup>**
- Open to all students, 5K – 2<sup>nd</sup> grade, younger allowed with coach's approval.
- Beginning wrestling program focusing on fun, fitness, & introducing wrestling basics.
- Wrestlers are to wear clean shorts or sweat pants, clean t-shirt & bring dry tennis shoes or wrestling shoes. Some may wrestle in socks. No jewelry allowed.
- Wrestlers will be divided into groups based on age, weight, and experience.
- Cost of program is **\$20/Family**. Please make checks payable to FdL Wrestling Club. Fee includes a t-shirt.