

THE TAKEDOWN

The latest news and updates from Anoka Youth Wrestling



ANOKA WRESTLING



PRACTICE BEGINS!

Practice Begins Tuesday November 12th.

Pre-K-2nd grade held on Tuesdays and Thursdays from 5:45-7:00pm in the wrestling room.

3rd grade-8th grade held Tuesday and Thursdays from 7:00pm-8:30pm in the wrestling room.

Please bring your water bottle, gym clothes and wrestling shoes. No street shoes!

Police Federation Clinic continues this week on Monday November 11th and Wednesday November 13th from 6:00-7:00pm in the Anoka High School Field House.

November 12 & 14 -Gear Vouchers will be passed out. Purchase your Anoka Wrestling gear during practice.

Mandatory Parent Meeting

**This meeting is mandatory for ALL parents (new and old)!
Tuesday, November 19th**

Time(s): 6:00pm and 7:15pm - you only need to attend one

Location: Anoka High School - Rm. G-172

Signs will be posted and we will have people directing you to the meeting location.

IMPORTANT DATES:



**November 11,13
FREE Wrestling
Clinic**



**November 12
Practice Begins**



**November 19
Mandatory
Parent Meeting**



**November 20
Wrestle-Offs**

Actively Seeking: Board Members!

Email us for further details:
anokayouthwrestling@gmail.com

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WRESTLE-OFFS
WEDNESDAY, NOV. 20TH
6:00-7:00PM



SIGN UP SHEETS WILL BE POSTED DURING PRACTICE

Did you know that we have a wrestling team?

To become apart of the competition team you must "wrestle-off". Wrestle-offs consist of one match, with the winner being awarded a position of that weight class on the youth competition team. The competition team will then travel together to wrestle at pre-determined team tournaments. Participation is optional and you are not required to "wrestle-off" if you do not want to be on the competition team.

Requirements:

- Be on time! You will forfeit the right to wrestle-off if you are not on time.
- Sign-ups to wrestle off will be posted during practice November 12,14,&19. The cut off will be at the end of practice on Tuesday November 19th. Walk-Ins will not be accepted to wrestle-off.
- You must be within 10% of your chosen weight class at time of wrestle-offs.
- You must be able to attend ALL team tournaments selected by your coach.



LOCAL TOURNAMENTS:

Tournament Info & Calendar:

<https://theguillotine.com/open-tournament-calendar/>

"My advice to young wrestlers is that your surroundings really make a difference. You want to put yourself in good, positive surroundings."

- Dan Gable

