



# FREESTYLE WRESTLING

## 1<sup>st</sup> – 12<sup>th</sup> Grade

### Freestyle Goals:

- ◆ *Have fun learning the sport of wrestling!*
- ◆ Learn freestyle wrestling.
- ◆ Olympic & International style of wrestling.
- ◆ Advanced techniques for those ready!
- ◆ Provide a great learning environment!
- ◆ Have a variety of good workout partners.

### Start Your Freestyle Wrestling Career!

#### Thunderbolts will include:

- ◆ **Great coaching staff!**
- ◆ Practices divided by age and ability.
- ◆ **Free Thunderbolts T-Shirt.**
- ◆ Participation in MN/USA tournaments.
- ◆ **Freestyle Tournament @ Eastview.**
- ◆ Organized activities & games.

**Thunderbolts Tourney is April 8<sup>th</sup>!**  
**MN/USA State is May 6<sup>th</sup> – 7<sup>th</sup>!**

Kids, Cadets, Juniors, Girls

### MN/USA WRESTLING

**Sign-Ups:** On/before March 14<sup>th</sup> 6-8:00pm  
Registration Fee due at the first practice.

**Who:** Male & Female Wrestlers in Grades 1<sup>st</sup>-12<sup>th</sup>

**1<sup>st</sup> Practice:** Tuesday, March 14<sup>th</sup>  
1<sup>st</sup> – 5<sup>th</sup> 6:15-7:15 pm  
6<sup>th</sup> – 12<sup>th</sup> 6:15-7:45 pm

**Dates:** Practices March – April  
*Tuesdays & Thursdays*  
*Optional Tournaments on Saturdays*

**Place:** Eastview High School  
Enter Lower South West Doors #2

**Cost:** \$70 (1<sup>st</sup> – 5<sup>th</sup>) \$80 (6<sup>th</sup> – 12<sup>th</sup>)  
MN/USA Card & Tourney Fee's Extra  
<https://www.usawmembership.com/login>  
Sign-up early and pay at your first practice.  
Make checks payable to Thunderbolts Wrestling.

**Volunteer:** (4) hours @ Thunderbolts  
Tourney on April 8<sup>th</sup>. Or, buyout is \$30.

**Questions:** Travis Lee  
(E-Mail) [travis.lee@district196.org](mailto:travis.lee@district196.org)

**SIGN-UP TODAY!**

## 2023 THUNDERBOLTS STAFF INCLUDES...

### Justin Smith

2X NCAA Champion  
MN/USA National Team  
MN State Place Winner  
High School Head Coach

### Volunteer Coaches

Justin Kipp  
Chuck Hartwig

### Registration



<https://rebrand.ly/TBOLTS23>