



EASTVIEW WRESTLING

2023-2024

6th – 8th Grade

EVAA MS w/ High School Team

The Wrestling Program will include:

- ♦ Quality Training w/EVHS 9th Grade Team
- ♦ Competitive Tournament Schedule
- ♦ Emphasis on Skill Development & Competition
- ♦ Intensive Training & Conditioning
- ♦ Strength Training with EVHS 9th Grade Team
- ♦ Mental Discipline Training
- ♦ Entrance into three MS competitions. See below.
- ♦ Select 7th-8th grade wrestlers may be invited to wrestle with the 9th grade team events.



Eastview Wrestling 6th – 8th Goals:

- ♦ Build on skills learned in middle school.
- ♦ Basic, intermediate, & advanced skills taught.
- ♦ Tumbling & athletic skills will also be emphasized.
- ♦ Have fun & experience the rewards of wrestling.
- ♦ Have fun while learning team spirit!

TOURNAMENT SCHEDULE

* Tournament schedule is subject to change.

EVHS 9th & Under Duals (some 7th-9th)
Saturday, January 6th

Other Competitions TBD...

** MN/USA State Tournament - May not need to qualify
Rochester, March 16-17th

** MN/USA Card Required. (\$40)

\$ There are additional fees for these optional tournaments.

EVAA w/9th Grade Team

Who: Wrestlers in Grades 6th – 8th grade.

Registration: evaasports.org/evaaregistration
or Cash/Check @ Practice

Practices: January – Late February
*Most Mondays & Thursdays right after school.
We will try to set up carpooling from middle schools.
Optional Tournament Schedule*

Place: Eastview HS Wrestling Room
Enter through Main West Door #1!

Cost: \$90 Includes entrance to three MS competitions
and a performance t-shirt and shorts

Questions: Travis Lee
travis.lee@district196.org

6th – 8th Session 2

Practices: Most Mondays, Wednesdays, &
Thursdays... typically 3:30-5:15pm
Additional practices may be available for interested wrestlers.

Dates: Jan. 4, 8, 10, 11, 15, 17, 22, 24, 25, 29, 31
Feb. 5, 7, ...

Additional Practices tbd based on State Qualifiers

* Practice schedule is subject to change.

Additional practices may be available w/HS team.

+ Additional Practices are available with the 3rd-6th Grade

Be a part of the Eastview Wrestling Program!!