

BLUE VALLEY

WRESTLING CLUB

2026 KIDS BLUE VALLEY WRESTLING CLUB

Requirements:

- KS wrestling card (included with registration).
- Wrestling shoes & appropriate athletic apparel. If your child does not have/forgot their wrestling shoes, they can practice in their socks. No other footwear is permitted on the mat!
- Singlets, wrestling shoes, and potentially mouthguards are mandatory for tournaments.
- Headgear is optional, but recommended.

Who: Kids between the ages of 5 and 14.

When: Both Novice & Advanced practices start 11/09/2026.

Parent's Orientation on 10/27/2026 at 6:30pm in the Blue Valley West wrestling room, which is located near the soccer fields in the west wing of the school.

Practice Schedule:	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
Novice	6:30-8:00	6:00-7:00*	6:30-8:00	X
Advanced	6:30-8:00	X	6:30-8:00	6:30-8:00

* Tuesday practices are for kids 7 & younger and will go until the end of December. Tuesday practices are for kids who are trying to get a feel for the sport and are not intending on doing any tournaments. Afterwards, kids who wish to continue can then participate in either/both novice practices.

We recommend middle schoolers to participate in the advanced practice

Where:	<u>Novice</u>	<u>Advanced</u>
	Blue Valley West High School 16200 Antioch Rd. Overland Park, KS 66085	Blue Valley Northwest High School 13260 Switzer Rd. Overland Park, KS 66213

For more information, please visit:

Website: bluevalleywrestling.com or Facebook: Blue Valley Wrestling Club

Any questions? Please contact:

Tricia Wegner (Admin) Ph: 816-645-3733
Novice Coach: Johnny Perz
Cell Phone: 913-744-0990
Adv. Coach: Dustin Knoche
Cell Phone: 913-579-4562