

# THE TAKEDOWN

The latest news and updates from Anoka Youth Wrestling



## WE ARE IN FULL WRESTLE MODE

## IMPORTANT DATES:



NO PRACTICE THURSDAY NOV. 28TH  
HAPPY THANKS GIVING!



### Picture Day

Picture Day is on December 4th

3rd-8th Grade: Arrive at 5:45pm pictures to start at 6:00pm

Pre-K-2nd Grade: Arrive at 6:30pm pictures to start at 6:30pm

Group Photo: 6:45pm

**Please remember to bring your wrestling shoes!**

Shirts, shorts, and socks will be distributed upon arrival.

**PLEASE BE ON TIME!!**



Click the camera for order forms

### Fundraiser - Heggies Pizza

Minimum of 10 pizza's sold per family

Top 2 sellers win personalized warm-up

Money Due January 7th

Pizza Pick up January 21st during practice



Click the pizza for order forms



December 4th  
Picture Day



December 19th  
Youth Night  
Please arrive at 5:45pm



December 31  
Gear Vouchers Expire!



January 7th  
Heggies Pizza  
Orders & Money Due



January 21st  
Heggies Pizza  
Pizza pick up  
during practice



January 31st  
Anoka Wrestling  
75 Year Celebration

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## **Youth Night - Celebrating 45 years!**

Anoka Youth Wrestling is celebrating 45 years!

Youth wrestlers please arrive by 5:45pm.

Anoka Youth Wrestlers get the opportunity to run in before the High School Wrestlers.

Please stay and enjoy a great night of wrestling!

Anoka vs. Maple Grove vs. Robbinsdale Cooper Tri-Wrestling at it finest

## **Sign Up For DIBS!**

Sign up for DIBS today!

DIBS dates are Feb. 1st and 2nd only.

If you are unable to attend please reach out to our Volunteer Director, Nicole Altringer AS SOON AS POSSIBLE!

**8 CREDIT HOURS ARE REQUIRED**



Click the check-mark to sign up for DIBS

**SIGN UP  
TODAY**

## **Anoka Wrestling Gear & Singlet Orders**

Singlet orders [anoka.jrwrestling.com](http://anoka.jrwrestling.com)

Call Jeff with any questions: 612-676-3933

(\$50 vouchers for jr wrestling only, expire date Dec. 31st)

Merchandise order form - [rebyl.com/webstores](http://rebyl.com/webstores)

Store closes 12/1 - get your orders in ASAP

## **Friendly Reminders. . . .**

- No Running up and down the hallways, please!
- No playing in the weight-room. Doors are open for drinks only!
- Please no roaming the school. Parents, wrestlers and kids need to remain in the wrestling room or in hallways near by.

## LOCAL TOURNAMENTS:

*Pre-K - 2nd Grade:*

**December 1st**

Chisago Lakes State Qualifier

Chisago Lakes High School

**Weigh-Ins:** Pee-Wee, Bantam,

Intermediate 8:00-9:00am

Novice, Schoolboy/girl 8:00am-10:30am

Wrestling begins at 10:00am

Admissions: \$15- wrestlers

\$5 - general admission

FREE- 12 & Under. Coaches

*3rd- 8th Grade:*

**December 1st**

Chisago Lakes State Qualifier

Chisago Lakes High School

**Weigh-Ins:** Pee-Wee, Bantam,

Intermediate 8:00-9:00am

Novice, Schoolboy/girl 8:00am-10:30am

Wrestling begins at 10:00am

Admissions: \$15- wrestlers

\$5 - general admission

FREE- 12 & Under. Coaches

## **Tournament Info & Calendar:**

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



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## Meet Head Coach (3rd-8th) Tim Murray



Tim Murray is head coach of our 3rd- 8th grade wrestlers. He has been with our youth program for 25 years and coaching for 40 years! Our youth wrestlers describe Coach Murray off the mat as "friendly, compassionate, and supportive". He has been described as someone who genuinely cares about each of his wrestlers and will take the time to know and understand each wrestler as they progress through our program. On the mat, Coach Murray conducts dynamic practices and he pushes each wrestler to their full potential. He's focused and has a remarkable way of teaching and developing athletes individually and as a group. Coach Murray prepares his wrestlers diligently for their

toughest opponents. He is committed to making his wrestlers the very best at their sport but also to making them better people. Anoka Youth Wrestling is beyond grateful to have a coach like Tim Murray. He is an indispensable part of our program and has been a pillar in cementing our programs legacy.

"When I'd get tired and want to stop, I'd wonder what my next opponent was doing. I'd wonder if he was still working out. I'd tried to visualize him. When I could see him working, I'd start pushing myself. When I could see him in the shower, I'd push myself harder."

-Dan Gable

## Anoka Wrestlers had a successful weekend at tournaments!



Owen Rhode smiles as he gets ready to tumble and rumble at Augsburg Tournament



Jude Niska and Issac Bizal celebrate victory at Augsburg Tournament



Finn Bromenschenkel: 2nd Place at Tri-City State Qualifier