

ALEXANDRIA WRESTLING

Why Wrestle?

Wrestling has a team and individual component. We make practices engaging, fun, and encourage youth to be the best version of themselves. Our Alex wrestling community is growing and providing more opportunities for local growth and development. No sport teaches more about hard work, discipline, and accountability than wrestling. Our goal is to emphasize wrestling fundamentals, teach life lessons, and strengthen the foundation and future of Alex wrestling. Come have fun and learn lessons that last a lifetime!

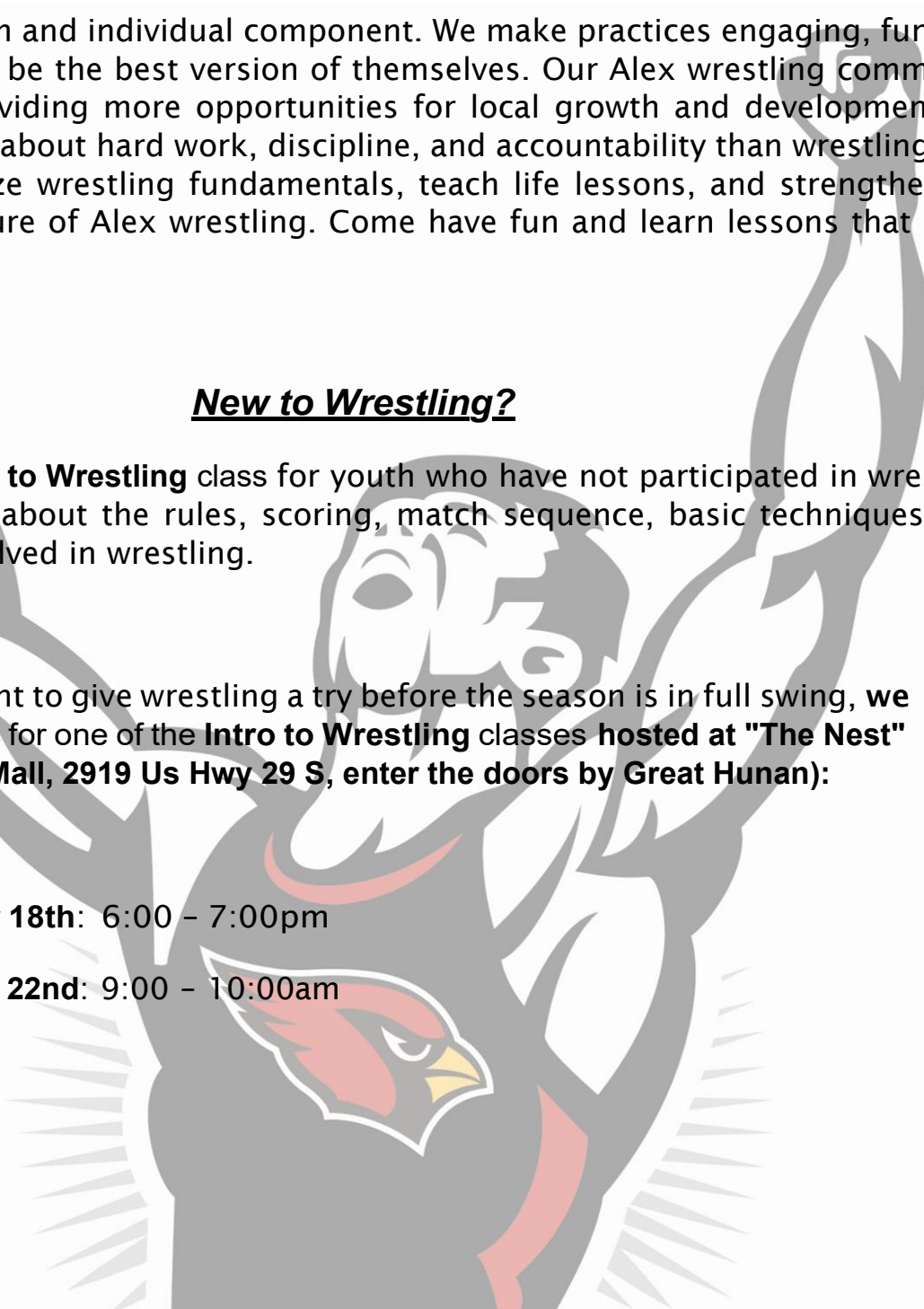
New to Wrestling?

We offer a **free Intro to Wrestling** class for youth who have not participated in wrestling previously to learn about the rules, scoring, match sequence, basic techniques, and sportsmanship involved in wrestling.

If you or a friend want to give wrestling a try before the season is in full swing, we **invite you** to join us for one of the **Intro to Wrestling** classes hosted at "The Nest" (inside the Midway Mall, 2919 Us Hwy 29 S, enter the doors by Great Hunan):

Tuesday November 18th: 6:00 – 7:00pm

Saturday November 22nd: 9:00 – 10:00am



Frequently Asked Questions



Do youth and/or parents need to attend every practice?

We understand you are busy, have other obligations, and might even go on a winter vacation. We encourage youth to be active in participation, but simply come as you are able. Parents are permitted to stay throughout practice or drop your child off and return for the completion of practice.



Do youth have to do tournaments?

Some youth are ready for competition. However, we have a lot of participants that have fun practicing with us each week, but do not do any weekend tournaments. We advise parents not to push competition too early.



Can girls wrestle?

The sport of wrestling is growing for girls and we have several girls that wrestle in our program. As girls get older, there is opportunity for girls only divisions. We would be happy to discuss those opportunities.

Youth Wrestling Season Information

Visit www.alexwrestling.com/youthregistration to learn more, register, and start receiving updates. **The activity fee is \$100.** This covers the cost for the entire season (3 months), entry fees for multiple local tournaments, and more. Do not let the cost of registration get in your way! We have sponsors who are passionate about this sport if you need financial assistance.

Sunday November 30th: Parent Info Meeting held at "The Nest" 6:00 to 7:00 pm.

Monday December 1st: First practice of the season.

Practices: twice per week through the end of February.

- **Beginner:** Recommended for Pre-K through 1st grade wrestlers and 2nd grade wrestlers that are new to wrestling; held Sunday and Wednesday from 5:45 to 6:45pm.
- **Intermediate:** Recommended for 2nd and 3rd grade wrestlers and 4th and 5th grade wrestlers that are new to wrestling; held Monday and Thursday from 5:45 to 6:45pm.
- **Advanced:** Higher paced practice recommended for 4th through 6th grade wrestlers with 3+ years of experience. Held Monday and Thursday from 7:00 to 8:15pm.

For more information:

Please contact **Peter Anderson 320-260-4471**

or emailing allaroundco@outlook.com