



WESTOSHA WRESTLING CLUB

**A K-8 youth wrestling program at Westosha Central
High School!!**

Program Overview

Cost: \$275/athlete (\$225 for any additional athlete(s) in the same family)

- Includes USA Wrestling Card*, practice shirt and shorts, a singlet, and post-season banquet

*USA wrestling card has a fee. It covers insurance for the athlete and is required for most wrestling tournaments

Practice Information:

- 2-3 Days a week-depending on age and experience
 - Tuesdays and Wednesdays all athletes will practice
 - 5:30-6:30 PM for K-4th grade
 - 6:30-8:00 PM for 5th -8th grade.
 - Thursdays will be 5:30-7 PM for 5th-8th grade.
- First Day of Practice: Nov 11th
- Parent night: November 6th from 6-7 PM
- Last Day of Practice-end of March (we will go until the State Tournament-Date TBD)
 - K-4 numbers practices will end on Jan. 25th.
- Banquet: mid April

New to the sport? Want more information?

Want to try a few moves?

On October 1st from 6-7:30PM we will have FREE family information sessions that will include:

- 15-30 min basic information session and Q&A
 - Practice overview, match scoring and structure, tournament expectations including age/experience/weight divisions
- Demo session with high school wrestlers (basic moves, live match)
- An hour of mat time so the kids can try a few basic moves (waiver and insurance required)



Registration QR Code

REGISTRATION DEADLINE IS OCTOBER 17th!!