

Mankato Wrestling

WRESTLING FOR FUN AND FUNDAMENTALS



Dates: Mondays and Thursdays, November 19 through February 28

Time: 6:00-6:50 for K-2 and 7:00-8:15 for grades 3-6

Place: Mankato East High School (2600 Hoffman Road)

Cost: \$100 www.MAYWC.com for registration and additional details

The Mankato Area Youth Wrestling Club has been in operation for over 25 years serving Greater Mankato, North Mankato and the surrounding area. Practices consist of skill training, technique, conditioning and "live" wrestling. **This will be the 5th season Mankato East and West Youth Programs have merged to provide a healthy outlet for young people, teaching the basic instruction in the sport of wrestling.**

Safety and meaningful involvement are the primary concerns for all participants, and we encourage parents to be involved with our program to ensure that we provide a positive experience for all participants. Mankato East and West coaching staffs, as well as a number of high school and collegiate wrestlers will provide instruction and run the practices.

Practice

Wrestlers should dress appropriately for physical activity. Appropriate attire consists of t-shirt and shorts or if preferred (but not required) wrestling singlets. Wrestling shoes are also recommended but not required. T-shirts and shorts should not have buttons, zippers or be too loose so as to cause danger to either yourself or others.

- Practices will be held from 6:00-6:50 PM for grades K-2 at on Monday and Thursday Nights
- Practices will be held from 7:00-8:15 PM for grades 3-6 at on Monday and Thursday nights
 - Please Note: The most accurate schedule can be found at www.MAYWC.com

Program Registration

To register go to www.MAYWC.com. All registration will take place through our website on the SportsEngine platform. If you do not have a SportsEngine account, you will be asked to create one, and if you already have a SportsEngine account, please use that account.

Non-Profit Board of Directors

The Mankato Area Youth Wrestling Club is a Non-Profit organization. Meetings are held monthly throughout the year. For more information on becoming a board member or volunteer for our organization or just general questions, please contact us.

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