

# Junior Cardinals Youth Wrestling

## 3<sup>rd</sup>-5<sup>th</sup> Grade Wrestling

- WHO:** Available to any students in grades 3<sup>rd</sup> through 5<sup>th</sup> grade
- WHAT:** Introducing youth wrestling basics and fundamentals with focus on fun and fitness- introduction to competitive wrestling- Beginner and advanced wrestlers welcome
- COST:** \$65 per wrestler, each wrestler will receive a T-shirt. Cost includes required "USA Card".
- WHERE:** Riverside Elementary Wrestling Room- Enter through gym doors and head up to South Balcony.
- HOW:** Wrestler only needs to come to practice with clean shirt, shorts or sweat pants, and dry tennis shoes or wrestling shoes. No metal or jewelry is allowed.
- WHEN:** Mondays and Tuesdays: 6:15pm-7:45pm

Approximately 22 practices that begin on January 6<sup>th</sup> and will end on March 17<sup>th</sup>

### **REGISTRATION:**

- 1) All Parents and wrestlers should be in attendance if possible for parent meeting and in-person registration on Monday, December 16<sup>th</sup> at 6pm at Riverside Wrestling Room- We will have parents fill our info for USA cards at this time
- 2) New Quick Online Registration is available now at [www.fonddulacwrestling.com](http://www.fonddulacwrestling.com). We encourage all to register this way. If you have not registered for another sport using SportsEngine, it will prompt you to sign in. You can then use this for all sports in FDL. You will have the choice to pay by credit card at the end or you can select "pay offline" and then you can pay with cash or check at in-person registration. Those that register online will not have to wait longer in line at in-person registration and can just get USA cards immediately.
- 3) In-Person Registration- Monday, December 16 at 6pm. We will have computers at registration and will walk you through registration process.

### **ADDITIONAL OPTIONAL OPPORTUNITIES**

1. Details are being worked out for an outside club to come in and provide more training on Thursday nights- This will be optional and will have an additional cost to that club.
2. Tournaments- Attending weekend tournaments is optional and tournament information and costs will be shared as they approach. Tournament fees are usually about \$15 and are covered by the wrestler. We do plan on having new singlets for wrestlers to wear as uniforms that can be checked out and used for the season

\*\*\* Up to date information can always be found at [www.fonddulacwrestling.com](http://www.fonddulacwrestling.com)

Questions can be directed to Peter Feldner at [feldnerp@yahoo.com](mailto:feldnerp@yahoo.com) or 920-946-0394