



Edina Wrestling



Why Wrestle:

Perseverance • Strength • Leverage • Mental Toughness
Balance • Agility • Discipline • Flexibility • Explosiveness
Individual AND Team Sport

Football & Wrestling:

"I think you learn more from wrestling than any other sport. You find out so much more about yourself and about competition. When it gets down to it, it's you and the guy across from you. When I was wrestling, for the six minutes that you're out there, it is one of the toughest, most demanding sports that I've ever been around. I think guys that can go through that and compete with all the different things going on, it really defines who you are." – Mike Zimmer (Minnesota Vikings Head Coach)

"Wrestlers make coaching football easy, they have balance, coordination, and as a staff we know they are tough." -Tom Osborne (College Hall of Fame Coach – Nebraska)

"I've been getting into a wrestling stance since I was 7 years old. It's the same stance I use at the line of scrimmage. It was good for me to have that in wrestling, because it made everything easier in football. Even throwing people to the ground, I attribute that to wrestling. It puts you in such an advantage. Being a great wrestler helps you so much in football—leverage, balance, quickness, hand-to-hand combat." – Roddy White (former Atlanta Falcons WR)

Edina Youth Wrestling Season (Grades K-5):

****FREE Wrestling Open House for Grades K-5: Monday, December 2nd 6:00-7:30PM at Edina High School**

- When: December 7 – February 24
 - Grades K-2: Mondays Only 6PM-7PM
 - Grades 3-5: Mondays (7PM-8PM) & Wednesdays (6PM-7PM)
- Where: Edina High School Wrestling Room
- Questions? Email Todd Doroff at toddoroff@gmail.com and Luis Nebel at nebel189@gmail.com

Edina Middle School Wrestling Season (Grades 6-8):

- When: November 9 - December 18: Practices are after school daily from 4:15 to 5:45
- Where: South View Middle School (Valley View students can take activity after school)
- Questions? Contact Luis Nebel at nebel189@gmail.com and Rick Julkowski at rickjulkowski@gmail.com

*All practices will have Covid-19 Protocols in place and implemented for a safe and healthy return to the mat

sign up at www.edinawrestling.org