

Schuylkill Valley Elementary Wrestling

Attention Students and Parents:

The elementary wrestling program is starting its nineteenth full season. Last year we were very successful with a strong turnout. It was a year of learning, excitement, and (most of all) fun for everyone.

Our goal is to provide a low-intensity program that teaches fundamental wrestling skills, builds self-esteem, and provides a great deal of fun for the wrestlers.

As all players are invited to join, as this program will not interfere with Sunday and Wednesday evening programs.

Football and soccer players are encouraged to sign up' wrestling is a sport that helps develop strength, (balance and coordination. Working on these three areas will make you a better athlete.

Our first practice will be on November 1st. It is our hope that the turnout will be bigger and better than ever. We are looking forward to seeing you at sign ups on October 1st or 8th.

Thank you,
The Coaching Staff



Join The Schuylkill Valley Wrestling Team!

Sign up:

In the Elementary Commons on Wednesday, October 1st, from 2:30- to 5:30- p.m. or Thursday, October 8th, from 2:30- to 5:30- p.m.

Sign up fee:

62- per individual student. 62- refundable uniform deposit. \$62- check payable to the Schuylkill County Youth Center.

Practices:

Tuesday, Thursday, and Sunday evenings in the 9:00-10:00 a.m. gym from 7:30- to 8:30- starting November 1st.

Tentative schedule of competitions:

We will have one competition per week starting in December.

40- Crimmage Sheets

40- Dual Sheets

< Tournaments

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Come out and learn a lot while
having a great time!!