



Youth Wrestling 4K-4th Grade

Focus:

The focus of our youth wrestling program is to provide a fun environment to develop basic wrestling skills.

Coaching:

Practices will be coached by a combination of former high school wrestlers and parents, middle school and high school coaches, and current high school wrestlers. We are always looking for additional coaches to help run our programs. **So if you are interested in helping coach, please contact Nick Schneider at wdpwrestlingpres@gmail.com or Chris Gallegos at cgallegos@wdpsd.com for more information.**

When and Where:

Practices will be Tuesday and Thursday at West De Pere High School in the Wrestling Room. Registration for the West De Pere Youth Wrestling will be done on Team Snap under the link <https://go.teamsnap.com/forms/393118>, under West De Pere Youth Wrestling. The app will allow us to do up to date changes that will allow you to receive a text message and email with changes to practices or cancelations. Please check the app during the season to make sure you are taking your child to the correct location.

Time:

Practices start Tuesday, November 28, 2023 and will follow through until Thursday, February 29, 2024. Practice will be on Tuesday and Thursdays, time 4K-1st 5:30-6:15 pm and 2nd-4th 6:30-7:45 pm, at West De Pere High School Wrestling Room.

Cost:

\$50.00 per wrestler for Registration, payments will be collected on the Team Snap Registration under this link <https://go.teamsnap.com/forms/393118>.

Requirements:

Before beginning practices each athlete must complete a consent/medical form. Please fill out Forms on Team Snap App

Parents:

If you are interested in helping coach, it is very easy, fill out a background check. We will guide you on all the rest. We will keep the communication open so that we can keep you updated on any changes that may come.

Equipment:

Please wear shorts and a T-Shirt to practice. HeadGear is optional but strongly recommended. Wrestling shoes are not required, however it is mandatory that all shoes are strictly inside shoes and not worn outside to keep the wrestling mats clean.

We are also going to be renting singlets, (the uniform the wrestlers wear). The cost to rent a singlet is \$40. At the end of the season when you return the singlet, you will receive \$20 back. .

Tournaments:

West De Pere Wrestling Tournament is scheduled for Saturday, February 3, 2024.

Anti-Bullying policy:

First offense the child will be pulled aside and have behavior addressed and parent(s) notified. Second offense children will be pulled out of practice and have to sit until parents arrive for pick up and parents will be notified. Third offense child's parents will be called to come and pick up their child and asked not to return for the remainder of the year.

Advantages:

Youth wrestling can be a great way to develop balance, coordination, and body control.

Wrestling teaches self confidence, discipline, along with respect and humility. It is a tremendous primer for many other sports such as football.

Questions:

Please contact Nick Schneider at wdpwrestlingpres@gmail.com or Chris Gallegos at cgallegos@wdpsd.com for any questions or concerns.