



# Waconia Wrestling Club Youth Programs

The Waconia Wrestling Club wants YOU in the room this year! Open to all local Waconia area youth (boys and girls) across grades PreK (age 4+) to 6th grade. We have a great youth & high school wrestling tradition in Waconia and want to introduce your family to a sport that will leave your child forever changed from developing character, strong relationships, leadership, determination, work ethic, "grit", physical/mental strength, and self-confidence. Waconia Wrestling Club is an official USA Wrestling affiliated club serving approximately 100 (PK-6<sup>th</sup> grade) kids in the program annually.



## \*\* FREE Introductory Wrestling Clinic & Youth Program Open House \*\*

### Mark your calendars for September 20<sup>th</sup> @ 7:00pm @ WHS Main Gym

We will be hosting a free PreK – 6<sup>th</sup> grade clinic, for all youth families who are interested in their child (boys and girls) coming out for wrestling this year. This clinic is geared for kids/families that are brand new to the sport or curious about our program here in the Waconia area. No registration is necessary, just show up and come see what our local youth wrestling program is all about. Kids, parents, brothers/sisters are all welcome to attend. The clinic will include an introductory technique session and fun workout for the kids along with a presentation and Q&A session for parents and family members. The clinic is expected to last about 1 hour. Returning wrestlers and families are also encouraged to attend to meet new families.

## Available Fall/Winter Programs – Register Now!

- **Junior Grapplers:** This is an introductory program for all PreK – Kindergarten kids aimed at building athleticism and a passion for the sport while having fun and learning functional wrestling movements through games and physical activity. Practices will be 1x per week from November – January.
- **Novice / Intermediate Youth:** This program is for 1st - 6th graders that are either brand new ("Novice" wrestlers) or those with a few years of experience ("Intermediate" wrestlers) and is geared toward working on the basics and fundamental techniques to aid the individual development of each kid. Practice groups will be determined based on grade, weight, skill level and experience to group practice partners appropriately. Practices will be 2x per week from November - January.
- **Advanced Youth:** For 2nd - 6th graders that have 3+ years of experience, our Advanced program will provide more detailed techniques, positions, and a more challenging pace to practice advancing each kid to the next level of their development. Practices will be 2-3x per week from November – early April.
- **Registration is now available on [waconiawrestling.com](http://waconiawrestling.com) via the following link [HERE](#).** Please register by October 1<sup>st</sup> before late fees (\$25/wrestler). For any questions, contact Jeff Katherman at [jdkatherman@gmail.com](mailto:jdkatherman@gmail.com) or 612-968-5488.