

Prior Lake Wrestling Club

**WELCOME
PARENTS**

2025-2026



Wrestling

Agenda

- Overview of Prior Lake Wrestling
- Important Dates
- Practices
- Communication
- Tournament Information
- PL Youth Team
- Equipment
- Sponsorship
- End of the Year Picnic
- MN/USA cards



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Overview of Prior Lake Wrestling

MISSION:

Promote excellence in wrestling and positively influence the lives of kids in the Prior Lake and Savage communities, by developing a commitment to wrestling through a fun and affordable team-oriented experience at practices and competitions, emphasizing sportsmanship, teamwork, skill building, physical conditioning, goal setting, a competitive spirit, hard work and a winning attitude. Our goal is to help guide our athletes to become the best and prepare them to face all of life's challenges

PLWC GOALS & EXPECTATIONS:

Coaches

- Professional, organized & fair
- Foster a challenging but fun environment
- Positive role models for the kids

Wrestlers

- Have fun!!!
- Try their best
- Never give up
- Be a role model for the younger kids

Parents

- Supportive and encouraging
- If you're not sure, ask!
- Be an active member



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Important Dates- Mark your Calendars!

- ★ Fundraising event is **Saturday, November 22nd**. This is the one day we have to raise funds for our program. The event starts at 9:45 a.m. and ends around 2 p.m. with hosted pizza at The Pointe by the PLWC. Each family is expected to participate and sell a certain number of coupon books. The Fundraising deposit is \$200. You won't have to write this check if you participate on the 22nd.
- **December 14th - Prior Lake Team Tournament**
 - Parent Volunteers needed to have successful tournament (signup-genius)
- **January 10th - Prior Lake Individual Tournament**
 - Parent Volunteers needed to have successful tournament (signup-genius)
- **January 23rd – Youth Night – PL Varsity meet vs. Hastings & Wayzata**
 - Youth get in FREE with PL Wrestling shirt.
- **January 30th – Highway 13 Dual - Prior Lake @ New Prague**
 - Youth & Middle School kids wrestle New Prague kids prior to the JV/Varsity matches
- **March 12th-15th MN/USA Youth State Tournament**
 - RCTC Field House - Rochester, MN
- **Home Varsity meets -**
 - **Dec.** 11th, 13th, 18th(Alumni night)
 - **Jan.** 8th, 23rd(Youth Night), 29th(Senior Night)



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Practice Schdeule

Session 1 (pre k & kindergarten)

- **Monday, Wednesday & Friday:** 6:00 - 7:00 p.m.
 - Prior Lake High School wrestling room

All parents are welcome to watch practices in the wrestling room. If there are young children present, please limit any distractions during instruction.

All kids (both wrestlers and siblings) must be accompanied by an adult if they want to use the walkway in the activities center.

*If you wrestler is sick or does not attend school that day, please, PLEASE **do not** bring them to practice!! The same thing goes for siblings.

**Please have your child shower after practices & tournaments

Practice Schedule

Session 2 (1st & 2nd & beginner 3rd graders)

- **Tuesday, Thursday & Friday:** 6:00-7:00 p.m. at the Prior Lake High School wrestling room

All parents are welcome to watch practices in the wrestling room. If there are young children present, please limit any distractions during instruction.

All kids (both wrestlers and siblings) must be accompanied by an adult if they want to use the walkway in the activities center.

*If you wrestler is sick or does not attend school that day, please, PLEASE **do not** bring them to practice!! The same thing goes for siblings.

**Please have your child shower after practices & tournaments

Practice Schedule

Session 3 (3rd-5th graders)

- **Monday, Tuesday & Thursday:** 7-8:30 p.m.
 - Prior Lake High School wrestling room

Only coaches & wrestlers will be allowed in the room for these practices

All kids (both wrestlers and siblings) must be accompanied by an adult if they want to use the walkway in the activities center.

*If you wrestler is sick or does not attend school that day, please, PLEASE **do not** bring them to practice!! The same thing goes for siblings.

**Please have your child shower after practices & tournaments

Communication

Weekly communication will come via email through SportsEngine & include:

- Practice updates for the week ahead
- What tournaments to attend
- Recognition of youth wrestlers

Prior Lake Wrestling Club - no-reply@mailersportsengine.com

Website www.priorlakewrestlingclub.org

Email plwrestling@gmail.com

Important Phone Numbers

Stacy Putman 507-273-3821

Ryan Eischens 612-257-5717

VP-Youth Admin

VP-Youth Coaching



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Prior Lake Tournaments

Team Tournament December 14th -

- Same weekend as the Ron Edwards HS tournament
- 6 Club team tournament hosted in the Gold Gym
- Admissions, Concessions, Set up & Take down Parent Volunteers needed (signup genius)

Individual Tournament January 10th

- Great beginners tournament
- Hosted in the Blue & Gold Gym
- 90+ positions to fill for parent volunteers (signup genius)



Open Tournament Structure

A list of open tournaments can be found for the entire year on [The Guillotine](#)

Emails will be sent out weekly about tournaments close by



Open Tournaments 101

What do I do when I get there?

- Registration table – pay family admission and fee to wrestle
- Will get a form to fill out – name/club/age/grade – sometimes skill level
- Take form and go to weigh-ins

What happens between registration and wrestling?

- Go to the gym and find some PL friends to sit with
- Kids can warm up on the mats
- Mats will be cleared and they will begin to call the kids to “staging” (usually where you weighed in) by grade
- At staging you will be put into your brackets and be sent to mats

What happens when wrestling is done?

- Stay with your bracket
- The table workers will compile the results and send you to awards as a group

After the tournament

- Fill out the stats google form that will be linked in the weekly email.



PLWC Youth Team

Each year the the PLWC team attends several different tournaments. The team consists of 16 kids at weights from 45 lbs to HWT. All wrestlers from Pre-K through 6th grade are eligible to wrestle for the Youth team. Coaches will determine team members.

Youth Team Schedule

December 7th	New Prague K-6th
December 14th	Prior Lake K-6th
January 17th	Centennial K-3rd
January 25th	“the Brawl” STMA K-6th
March 1st	TCU K-6th

Wrestle-offs:

- Prior to any team tournament your wrestler can wrestle-off against any team member to earn a spot.
- You must indicate to a Coach well in advance if your son wants to wrestle off for a spot
- Wrestle-offs will take place during practice or at other specified dates



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Equipment

Equipment for rent: \$120 deposit check for Singlet & Headgear

- Singlet - limited number available right now
- Headgear - **\$60 deposit check** if just renting headgear

*Deposit checks are shred once gear is returned.

Equipment Handout dates:

- Week of November 17th

Wrestling Shoes:

- There are a limited number of shoes available if anyone needs a pair.
- Please turn in an old pair if possible for the younger kids.



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Fan Store

This year we will have a store through GameOne open all year round.

To order click the link below.

The password(case sensitive) is- **wrestling**

[Prior Lake Youth Wrestling Custom Apparel and Merchandise - Game One \(game-one.com\)](#)

Stats -

Purpose of stats:

- Keep records for those that want to
- Recording stats is not mandatory

Benefit of stats: End of year awards & career awards are given out at the annual youth wrestling picnic

To Submit Stats:

1. Fill out the google doc at this link – [PL Youth Wrestling Stats](#)



PL

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Sponsorship



Help support all levels of PLWC!!

Your support helps us keep our program running. Our annual budget helps pay for practice space, coaching, equipment, uniforms, tournament entry fees, travel expenses and scholarships.

Friends & Family Sponsorships

\$25-\$1000+

A great way to show your support the team, club, & community. We will list your name in the PLHS Wrestling Program as a “friends & family sponsor”.

Non-Cash Donations

Donations are gladly accepted to support various club events. The net value of all non-cash donations will be added to any cash donations to determine your sponsorship level.

Please contact Chad LeMair for more information
612.328.8136
CHAD@ABOVEALLHARDWOODFLOORS.COM



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Out of Town Weekend

Objective:

- Give the kids a chance to have fun as a group away from Prior Lake
- Give the parents a chance to get to know each other better

When:

- TBD - looking at Feb. 7th weekend
- A block of rooms will be reserved and information will be provided in the near future

What is Paid For:

1. Entry fee for wrestlers and Coaches at the tournament
2. Pizza party at night



Volunteer Hours

The parents help make our program successful!

Volunteer Expectations: \$250 deposit check required!

- 6 hours per family

Volunteer Opportunities:

1. Prior Lake Tournaments (signup genius)
2. Mat Washing-counts as 30 minutes (signup genius)

\$250 deposit check destroyed once requirement is fulfilled



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End of Year Picnic

Our end of year picnic is usually held in May. Details will be communicated to families as soon as we have them.

What we recognize during the picnic

- Wrap up the season and recognize kids/parents/coaches
- High school wrestlers are on hand to present awards for

Laker Excellence award

5 wins trophy

15 wins trophy

25 wins trophy

50 wins plaque

Career milestones

100 wins – PLWC jacket

200 wins – PLWC duffle bag

300 wins - TBD

400 wins - TBD



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MN/USA Wrestling Card Benefits

Everyone in our club receives a MN/USA wrestling card. There are tournaments that require wrestlers to have this card. This cards also comes with other benefits:

- Secondary Insurance Coverage for your Athletes, Coaches and practice facility. Find more information here - [MN/USA Insurance Coverage](#)
- Background Checks for your Wrestling Leaders
- State Level Tournament opportunities on an individual basis.
- Training opportunities with the Minnesota Storm team for all age levels.
- Four levels of coach certifications for your coaches.
- Extra opportunities for various training throughout the year.
- National level competition opportunities as well as the possibility to wrestle on any of our age group dual teams
- Possibility of competing on Olympic and age group World and Pan Am teams



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Thank you

Questions?



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