



Calling All Interested in Youth Wrestling PK – 8th Grade

You are invited to the Wrestling Potluck
November 13th, 6:30 pm in the High School Commons
(See www.treynorschools.org for more details.)

Training begins November 15th

Novice: Tuesdays & Thursdays 6:00 – 7:00 pm
Elite (2+ years experience): Tuesdays & Thursdays 7:00 – 8:30 pm
If uncertain which practice you should attend, talk to coaches.
We will also have extra travel days where we wrestle nearby clubs.

Cost: \$30 Payable to Trey Nor Wrestling Boosters

Season: We will wrestle until the end of January for the Novice group and the Elite will continue practice through District/State Meet in February. Freestyle & Greco wrestling will be organized in March for the Elite.

Tournaments are optional for all wrestlers & we will go to at least 5 tournaments as a team. Club coaches will be available at these meets to coach the wrestlers.

Interested in volunteering to coach?

Contact Dan Kinsella – dkinsella@deloitte.com/402-203-5341

Primary coaches will demonstrate the technique & volunteers will help the kids learn the technique. Our desire is to have a ratio of one adult/4 kids.