



COUGAR YOUTH WRESTLING

www.cougarcrunch.com

1st-8th Grade Youth Wrestling

Wrestling Season is just around the corner and its time to get registered for wrestling for the 2011-12 season. Cougar Youth Wrestling exists to teach winning wrestling skills and strategies to future Kennedy youth wrestlers. In addition we will teach our members:

- That attitude and effort is the most important factor when it comes to achieving success.
- That health and wellness is a significant factor in the level of success of their wrestling career and personal life.
- That everything they do in training for wrestling will positively benefit them in life
- Wrestling information, techniques and training that will develop in each child the ability to become a skilled wrestler.
- Goal setting and sustained, focused work output
- To be able to train themselves and become a self-sufficient wrestler
- Proper sportsmanship and leadership qualities

PRACTICE SCHEDULE – All practices to be held in Kennedy High School Wrestling Room

Cougar Youth Wrestling Club:

Cougar Crunch: Instructional session for 1st & 2nd year wrestlers 1st through 5th grade (No Kindergarten or pre-K). November 13th – February 21st, Sundays from 6pm – 7:30pm and Tuesdays from 6:15 – 7:45pm. Includes club t-shirt. Cost will be \$75 per wrestler for the season. Coach is Jeff Knox.

Cougar Gold: Competitive session for 6th through 8th grade wrestlers and experienced younger wrestlers with coaches permission, Mondays and Thursdays from 6:15-8:15 p.m. November 14th – March 1st. Includes club t-shirt. Cost will be \$75 per wrestler for the season. Coaches are Mark Beason, Jeff Knox and Derek Powers.

Note: Middle school wrestlers who are in there first year or have only wrestled for their junior high team are encouraged to attend a mini-camp the week before practice starts. There is no charge for this mini-camp. Please see the website for more details.

New this Year: There will be no Wednesday practices. Instead Wednesdays are reserved for ½ hour one-on-one coaching sessions that will be set up in advance. Generally these will be done with pairs of wrestlers of similar size. Sign up sheets for these sessions will be available during regular practice times.

Registration deadline is Friday November 4th. Late registrations will be accepted only if space allows. Returning wrestlers are guaranteed a spot as long as their sign up form is received before the registration deadline. We reserve the right to limit the size of each group.

Questions? – Call Jeff Knox at 319-361-1241 or email at info@cougarcrunch.com

SIGN-UP FORM LOCATED ON BACK OF THIS PAGE

