



SPARTAN WRESTLING CLUB

Sign up now for the 2016-17 season!

TRAIN THE SPARTAN WAY!

Whether you have been wrestling for years and need challenging training partners and advanced training techniques, or you are just getting acquainted with the sport, Spartan Wrestling Club has a place for you!

THREE LEVELS OF INSTRUCTION

Wrestlers will practice twice a week on a schedule that varies throughout the season due to commitments of the coaching staff. Wrestlers of all levels may also choose to compete at any of a full schedule of AAU- and USA-sanctioned events. Wrestlers may be moved between groups during the season as needed to achieve the appropriate level of instruction.

JR. SPARTANS: GRADES 3-8

Beginner/Intermediate

Wrestlers will learn and reinforce basic wrestling techniques and skills and learn how to apply them in match situations. Most wrestlers should expect to work out in this room for their first two to three years.

Experienced/Advanced

This level moves at a fast pace and is geared toward experienced wrestlers. Participants must have two to three years of experience, a commitment to compete in the USA series, and the recommendation of the coaching staff. Additional practices will be added during the last month of the season to prepare for the USA state series.

MINI SPARTANS: GRADES K-2

Younger wrestlers will practice at shorter sessions designed specifically for their ages and attention levels. (Sessions end at 6:45 or 7:15 p.m.) Mini Spartans wrestle a shorter season that concludes with the AAU state tournament in February.

Students in K-8 may participate

Kindergarten through eighth-grade kids who reside in the Francis Howell Central attendance area are eligible.

Practices begin Oct. 25 at FHC

Practice schedules will be handed out at registration. The first practice for Jr. Spartans will be Tuesday, Oct. 25 in the FHC wrestling room. Minis will begin Thursday, Nov. 3. Parent meeting for all levels will be at 7 p.m. Oct. 25.

Compete as much as you want!

We will have an eight- to 10-tournament schedule for the regular season and will compete in both the AAU and USA State Tournament series. (Mini Spartans compete in only the AAU series.)

Wrestling is a very affordable sport!

Junior Spartans: \$175 plus deposit and tournament fees
Mini Spartans: \$125 plus deposit and tournament fees

Fee includes: Two weekly training sessions, AAU membership card (required for practice and competition), USA card (*Jr. Spartans only*), shorts, T-shirt, uniform rental and five raffle tickets for cash prizes. You have the option to recoup \$50 of your fee by selling your raffle tickets and keeping the proceeds. Other equipment needed includes wrestling shoes (used are fine) and optional headgear (required for USA competition).

A **\$50 uniform deposit** is also required at registration. This may be in the form of cash or a valid personal check (separate from your registration check) and will be returned to you at the end of the season when your uniform is turned in. Checks must be postdated March 1, 2017.

Tournament fees (usu. \$15-\$20) are pay-as-you-go and are due at the time you sign up for the tournament.

Make checks payable to Spartan Wrestling Club.

Cash or valid personal checks only. No business checks accepted. Returned checks are subject to a \$30 fee and no further checks will be accepted from the responsible party.

Registration Dates

All registration sessions will be held at Francis Howell Central in the main gym lobby.

Monday, Oct. 3 6-9 p.m.

Monday, Oct. 24 6-9 p.m.

You must bring a copy of your birth certificate to register if your child did not wrestle with our club last year.

For More Information

Steve Cross, Howell Central Coach

School: 636-851-4684

E-mail: steven.cross@fhsdschools.org

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