BONDUEL YOUTH 

**Starts Monday, December 11th, 2017**

Students grades K-4 are invited to the Bonduel youth wrestling practices to learn the basics of wrestling. New and experienced, boy and girl wrestlers are welcome. Come join the fun and learn wrestling moves, teamwork, and skills needed to be a successful wrestler. Looking for parent volunteers to help. Practice is located in the downstairs wrestling room adjacent to the fitness center.

Opportunities for live competition, dual meets, and tournaments. Great learning experience for all!

**ATTENTION PARENTS**: please bring a deposit of $55.00 for singlet & headgear, also a $10.00 **SEPAPARATE** Wrestling Club fee. (The $55.00 check will be refunded / returned at the end of the season **pizza party, awards banquet, or mail only.) Checks payable to: Bonduel Wrestling Club**

Contact **Stan Giese at 715-853-6257** or [**giese582@gmail.com**](mailto:giese582@gmail.com)

For Bonduel Wresting Info: <http://bonduelwrestlingbears.weebley.com/>

For Tournament Info: <http://www.wiwrestling.com/main.html>

WHO: **GRADES K-4**

WHAT: **WRESTLING PRACTICE**

WHERE: **WRESTLING ROOM**

WHEN: **5:15PM – 6:30PM**

All Mon. & Tues. Jan- Feb

WHAT TO WEAR:

SHORTS / SWEATS

SHORT SLEEVE SHIRT

WRESTLING SHOES / SOCKS

(or wrestling in socks)

**Bonduel Youth Wrestling**

**I give my child permission to participate in the Bonduel youth wrestling practices**

Please sign the bottom portion of this flyer and return to the Bonduel Elementary Office or Stan Giese on the first day of practice.

Student Name (Print)

Parent Email Contact Parent Email Contact

Phone Phone

Parent Signature Approx Student Weight Grade