

# Licking Heights Youth Wrestling

(Grades 1<sup>st</sup> -6<sup>th</sup>)

It is time once again to start our Licking Heights Youth Wrestling season. The club will meet for 14 weeks. The season will start the week of November 11<sup>th</sup> and end the week of February 17<sup>th</sup>. Hornet wrestling has been a tradition for over 40 years and we want to invite you to help us continue to keep Licking Heights as a well-known name in the wrestling community.

This year we will have two grade level clubs. Practices will be split, for wrestlers in grades 1-3, and for wrestlers in grades 4-6. (**Practice days are subject to change due to enrollment**) The Elite team will practice on a separate night. Elite team members will be by invitation only from the coaching staff. This team will compete in Licking County League dual meets and several dual events throughout the season. This year we are with Russ Hellickson Central Ohio Youth Wrestling League and will take place on Sundays. Wrestlers should wear workout type clothes to practice (T-shirt, shorts, sweats, singlet (not required), wrestling shoes). Please no denim material or anything with metal exposed.

Cost of the club this year will be \$85 for each wrestler, \$150 for two wrestlers, and \$200 max per family. Sign-ups will be Friday, November 1<sup>st</sup> **from 6:00 pm to 8:00 pm in the Licking Heights Central Cafeteria**. There will be a brief meeting for parents/ guardians and their future wrestler at **6:30pm**. Each wrestler will receive a club T-shirt, shorts, and entrance to the Russ Hellickson league. **Please make checks payable to Licking Heights Youth Sports League-Wrestling.**

Coaching for the beginner wrestling group (grades 1-3) will focus on the basics of wrestling. Our goal is to introduce the sport to the younger children and try to give them a solid background on the basic moves and concepts they will use throughout their wrestling careers. The other wrestling groups (grades 4-6) will move beyond the basics into more advanced techniques and ideas of match strategy. All age groups will also be introduced to wrestling conditioning and maintaining health while participating in the sport.

## **Coaches:**

Youth wrestling coaches are Andrew Sammons. With support from the Middle School and High School coaches, BJ Petereit, Mark Niemann, and Robert Price.

There will also be a parent sportsmanship meeting that all parents will need to attend so your child will be allowed to continue to participate in our great sport. The details of this meeting are still being worked out. You will be notified as soon as possible as to when the meeting will occur.

Parents are asked to come in and fill out the registration forms and to pay for their child's club fees on November 1st at 6:00 pm. If you have any questions, please contact Coach Andrew Sammons at (330) 705-3301 or you can send emails to [sammons31@hotmail.com](mailto:sammons31@hotmail.com).