

SPRING WRESTLING CLINIC

MAPLE GROVE WRESTLING CLUB



Athletes grades Pre-K – 8.

This program is designed for beginner and intermediate wrestlers (0-3 years of experience) and is open to all athletes regardless of future high school affiliation. Emphasis will be on teaching and refining the most basic wrestling skills. Focus will be put on incorporating the fun and competitive aspects of the sport. Wrestlers will learn in a relaxed atmosphere at their own pace. Participants should wear shorts, t-shirts and wrestling or gym shoes for practices. If participation allows we will have a tournament with participants receiving end of season trophies.

Note: if participation does not allow for an end of program tournament participants will receive a Maple Grove Wrestling t-shirt rather than an end of season trophy.

Program Information

Where Maple Grove Senior High Wrestling Room

Who Grades Pre-K thru 8

When Tuesday, March 10th
Thursday, March 12th
Tuesday, March 17th
Tuesday, March 24th
Thursday, March 26th
Tuesday, March 31st
No problem if you have some conflicts.

Time 6pm - 7pm

Fee \$30

Questions Contact Troy Seubert
Email: mgwrestling99@gmail.com
Cell: 763-913-0601

Register www.mgwrestlingclub.com

New to wrestling, or curious about the sport? Here's what to expect:

- Exposure to a winter sport that provides character building opportunities such as self-discipline, courage, and respect in a team environment.
- A program open to boys and girls in grades Pre-K – 8.
- Passionate and experienced coaches that focus on teaching the fundamentals.
- Great Cross-training for multi-sport athletes
- Affordable program for your kids
- Fun – for you and your kids!

If you like the program, check out more information or contact us at

MGWrestlingClub@gmail.com

or follow us at

www.MGWrestlingClub.com



Maple Grove Wrestling Club



MGWrestlingClub