



LIBERTYVILLE WILDCATS WRESTLING CLUB



Libertyville High School Wrestling Feeder Program

- **OPEN TO:** Kids in Kindergarten thru 8th Grade
- **LOCATION:** Libertyville H.S. Wrestling Room
- **PRACTICES:**
 - Recreational (grades K-1 or open to any 1st year wrestler)
Thursdays 6:00 - 7:00pm (Starts Nov. 9th)
Saturdays 10:45-11:45am
 - Elite (open to K-8 wrestlers who wish to compete)
Tuesdays 6:30-8:00pm (starts Nov. 7th)
Thursdays 6:30-8:00pm
Saturdays 9:00-10:30am
- **SEASON:** Recreational: November thru January
Elite: November thru March

*Preseason for Elite wrestlers will begin Oct. 3rd, see website for details

- **COST:** \$250 – Recreational (non-competitive)

Includes: *USA Wrestling Membership*
Club t-shirt
End of season party

\$450 – Elite (competitive)

Includes: *Club t-shirt*
Tournament entry fees
Wrestling Singlet (must return)
End of season party

- **REGISTRATION:** Begins September 15th. Visit our website to register and for more information. If you have questions contact:

Amador Ayala @ 847-409-5939
Tom Buenik – tbuenik@gmail.com
Dale Eggert – dale.eggert@att.net

www.wildcatwrestling.club

Why my kids will wrestle

by Cael Sanderson
4-time Undefeated National Champion
2004 Olympic Gold Medalist

1. **Foundation sport** - Wrestling will make our youth better at all other sports.
2. **Fun** - Wrestling is a game. It is the most basic and instinctual game. Toddlers wrestle all the time.
3. **Exercise** - Wrestling is one the world's most premier physical fitness sports.
4. **Self-confidence** - Wrestling teaches hard work, self-improvement, sense of accomplishment, camaraderie of team, and 1 on 1 competition.
5. **Self-defense** - Wrestling is controlling an opponent. If you want your kids to know how to defend themselves, put them in wrestling.
6. **Humility** - Nothing teaches humility better than a 1-on-1 sport. Winning and losing in a 1-on-1 setting brings humility.
7. **Respect** - The challenges of being a wrestler teach you to respect yourself. After you learn to respect yourself you will learn to respect others.
8. **Self-discipline** - Wrestling is discipline. Repetition of drills, hard work and continually doing the best thing instead of the easiest thing is discipline.
9. **Roadmap to success** - Wrestling is the perfect example of what it takes to be successful in life.
10. **Toughness** - You learn a little pain or struggle is part of the process of doing great things.