

Green Canyon

PUPS WRESTLING PROGRAM

Who can participate?

- Any boy or girl in kindergarten through fifth grade
- The cost is \$45.00. Included in cost is a t-shirt, four tournament registrations, and solid coaching from adults AND high school wrestlers.

When do practices begin?

- Wednesday October 4th, 2017
 - K-2nd grade- Wednesdays and Thursdays from 5pm-6pm
 - 3rd-5th grade- Wednesdays and Thursdays from 6pm-7pm
 - We will be participating in at least four informal wrestling tournaments here in the valley during the month of October. Tournaments will be held on Saturdays. Stay tuned for more details!

Where will practices be held?

- All practices will be held in “The Den”-- The Green Canyon High School wrestling room. Please enter through the north door to the wrestling room (park in the north parking lot).

What will be taught?

- We will focus on the fundamentals of wrestling, i.e. basic stance, motion, proper ties, lines of defense, neutral position take-downs, etc. An emphasis will be placed on having fun and demonstrating good sportsmanship.

Coaches

- Ryan Webb, Nathan Whiting, Justin Bennett, Ian Hammond, GCHS wrestling team

We are super excited to have your child on our TEAM! We feel that participating in any sport has the potential to teach our children what it means to have discipline, work ethic, good sportsmanship, and dedication! Thank you for choosing wrestling. A famous wrestler by the name of Dan Gable (Olympic gold medalist) once said, “Once you’ve wrestled, everything else in life is easy!”

