

Kids Wrestling

2006 - 2007

Patriot Wrestling Club Grade School Wrestling Team

About the Team: This team is for any grade school boys who are interested in having fun and learning how to wrestle. Any boy in Kindergarten through 6th grade can join. This is the 25th year for the team.

About Wrestling: Each boy wrestles one other boy at a time in one-on-one matches. The other boy is his same age and weight. The wrestling holds and moves are not hard to learn. They do take time to perfect. (Injury perspective: Same chance as in football or soccer. There is a 27 times greater chance of an injury driving to or from the store than at practices or meets.)

Purpose: The basis of this program is learning. Basic wrestling skills and techniques are taught. The program accommodates 'first-timers' and it accommodates 'intermediate' to 'highly skilled' wrestlers. Winning is kept in proper perspective.

Benefits:

- The program allows boys to channel their energy in a positive direction.
- It builds strength, flexibility, balance, coordination, stamina and general fitness.
- It helps develop self-confidence and self-discipline.
- It assists with self-awareness, mental toughness, self-reliance and self-defense.

Practices: Held in Carroll High School's Wrestling Room. Practices include games.

- Practices start October 28
 - First 4 practices split into 1st Year Wrestlers & Experienced Wrestlers
 - 1st Year Wrestlers: Saturdays 10:00-11:30 AM, Wednesdays 6:00-7:15 PM
 - Experienced Wrestlers: Saturdays 8:30-10 AM, Wednesdays 7:15-8:30 PM
 - Starting November 11, practices split by age:
 - 8&Under: Saturdays 10:00-11:30 AM, Wednesdays 6:00-7:15 PM
 - 9&Over: Saturdays 8:30-10 AM, Wednesdays 7:15-8:30 PM

Meets: 8&Unders and 9&Overs - 6-7 meets on Sundays in December, January and February.

Dual Meets - Some 9&Overs may have 1-2 dual meets in January and February.

Open Tournaments - Information fliers for 3-4 optional meets will be made available to the wrestlers.

Director: Maggie Brudnicki, 294-2364 for questions. President: Joy Cagle.

Moderator: Mark Gerhard, Patriot Wrestling Club Director 1981-1996, Raider Wrestling Club Instructor 1982-2006.

Coaches: 8&Under: Steve Brudmicki (Head Coach). Assistant Coaches: Bob Sawyer, Andy Heil, Jim Mullins. If interested in assisting with the coaching check with Coach Brudnicki (294-2364).

9&Over: Anthony Stevens (Head Coach). Assistant Coaches: Tim Wiley, Dan Keller, Mike Wilhelm. If interested in assisting with the coaching, check with Coach Stevens (253-1655).

Cost: \$60 New Member (Includes: Club T-shirt, USA Card, MVKWA Card, entry fees to 6-8 MVKWA meets,
\$55 Returning Member 1-3 dual meets, and use of a team singlet during the season.)
\$40 2nd,3rd in Family

Signup Meeting: Thursday, October 26th 6:30 in the Carroll High School Cafeteria. Will last about 1½ hours. For parents of all wrestlers. Please bring a copy of the wrestler's birth certificate (club keeps).

Directions: Carroll High School, 4524 Linden Ave., Dayton, OH 45432. US 35 to Woodman Drive South. Turn left/east on Linden Avenue at Shell gas station. Turn right into Carroll just after McDonalds. Go around the left side of the building. Use the parking lot by the school buildings on the stadium side of the school.

- To the Cafeteria: Enter via the double glass doors on the right. Once in the building, turn right, then left followed by another left to get to the Cafeteria.
- To the Wrestling Room: Enter the building via the double tan doors to the left. Once in the building, use the first door on the left then go down the stairs. (Alternate: Enter the building via the double glass doors on the right. Once in the building, turn left and then go straight. After passing through double tan doors, turn left and use the first door on the right and then go down the stairs.)

Web Site: <http://homepages.udayton.edu/~wiley/> (currently has 2005-2006 info; will be updated in early October)