

Junior High Wrestling

2006 - 2007

Patriot Wrestling Club Junior High School Wrestling Team

Background: This team is for boys whose school does not have a Junior High wrestling team. The Patriot Wrestling Team was established to allow these boys to be on a wrestling team. Any 7th or 8th grade boy who is interested in having fun, getting stronger, improving coordination and learning wrestling skills is welcome to join the team. This is the 25th year for the team.

About Wrestling: Each boy wrestles other boys his same size, one at a time in one-on-one matches. There are 15 weight classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172 and 230. A boy can win by scoring more points than the other boy or by pinning him. The wrestling holds and moves to score points and pins are not hard to learn, but they do take practice to perfect. The program accommodates 'first-timers' and it accommodates 'intermediate' to 'highly skilled' wrestlers.

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: There will be 4 practices per week. They will be from 6:00-8:00 PM on Monday, Tuesday, Thursday and Friday. Practices will be in the new Carroll High School wrestling room. The first practice is Monday, November 6. There are conditioning workouts on Thursday and Friday November 2-3.

Meets: The team will compete in tournaments and dual meets with other Junior High School teams in December, January and early February.

Coaches: Shawn Cagle (Head Coach), Assistants: Mike Sanchez, Anthony Stevens, Tony Stevens, Jeff Clemens, Bob Sawyer.

Cost: \$65 New Member (This includes a Club warmups & uniform singlet for
\$60 Returning Member meets, a USAW Card and tournament entry fees.)
\$45 2nd+ 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.)

Questions: Call the Head Coach, Shawn Cagle, at 572-9226.

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