

# LINDEN YOUTH WRESTLING

**REGISTRATION:** Tuesday, 11/10/09 and Thursday, 11/12/09 at the Linden High School. 6:00 pm to 7:00 pm both nights.

What is youth wrestling? If your child enjoys wrestling why not get him into something that is organized where he can learn the skill of wrestling, hard work, intensity and discipline that will stick with your child for life. You can expect practice to be physically intense and demanding, novice class will be less intense based on skill level.

Wrestlers will be in a structured, supervised environment where they will learn technique, improved fitness and good sportsmanship. Practices are twice per week on Tuesday and Thursday from 6:00 pm to 7:00 pm for Novice and 7:00 pm to 8:30 pm for advanced open class.

Tournaments are optional but are every weekend starting 1/09/10.

- **When:** Practice begins Tuesday, 11/24/09.
- **Who:** Anyone from ages 5 through 14 as of December 31<sup>st</sup>, 2009.
- **Where:** Linden High School
- **Fee:** Cost is \$65.00 includes Linden Predator T-shirt. Discounts apply for multiple wrestlers from same family, \$55.00 per wrestler.
- **Bring:** First year wrestlers must provide a copy of their birth certificate for age verification. Bring this to registration on 11/10/09 or 11/12/09.

For more information or questions contact Dan White at [Dwhite@dextech.net](mailto:Dwhite@dextech.net) (810) 348-9405.