



Hononegah



Little Grapplers Wrestling

What is it?

This is a program designed for first year wrestlers from ages 4-8. The program teaches basics of wrestling, such as body awareness, light tumbling, and beginner techniques. This course gives kids and parents a chance to try out the sport of wrestling without having to be engulfed into an entire season.

When is it?

Little Grapplers will take place on Tuesdays in October. Practice is from **6:00 – 7:00 P.M.**
October 1st, October 8th, October 15th, and October 22nd

Where is it?

Little Grapplers is located at Hononegah H.S. in the Marty Kaiser Wrestling Room
-307 Salem St, Rockton- (Enter Athletic Entrance) inside the Back Metal Gym

What do I need?

No special equipment is needed. Participants should come in sport shorts and shirts. Shoes are not required, but please bring (wear) socks.

How do I sign up?

Sign-up forms are filled out on the first night of practice. Registration is **\$25**, and is limited to the first 40 applicants. **Email ahead to reserve your spot early, spots will go fast!** Contact Head Coach Anthony Miers @ **amiers@hononegah.org**. In your message, please tell us your child's name and age, we will then respond to you confirming that they are on the list.

For team info check out our website- **www.hononegahwrestling.com**