



EASTVIEW WRESTLING

3rd – 8th Grade

The Wrestling Program will include:

- ◆ Quality & Experienced Coaching Staff
- ◆ Competitive Tournament Schedule
- ◆ Eastview Youth Tourney – Jan. 23rd
- ◆ Recognition Night at Varsity Home Match
- ◆ Eastview Coaches & Wrestlers Involved

Eastview Wrestling 3rd – 8th Goals:

- ◆ Competitive Traveling Program.
- ◆ Intermediate & advanced wrestling skills.
- ◆ Emphasis on skill development.
- ◆ Mental discipline training
- ◆ Inter-squad workouts with area clubs
- ◆ Learn intermediate & advanced wrestling skills.
- ◆ Intensive training & conditioning.

COMMITMENT to EXCELLENCE!

Youth Wrestling

Sign-Ups: Tues, Dec. 6th or Dec. 13th
6:30-7:30pm @ Eastview HS

Who: Wrestlers in Grades 3rd – 8th.

Parent Meeting: Wed, Dec. 15th
7:00 - 7:45 p.m. @ Eastview Rm. C350
Sizing for t-shirts, shorts, & sweatshirts.

Singlets available with a deposit check \$50.

Practices: Late December – Early March.
Mondays, Tuesdays & Thursdays
Tournament Schedule on Weekends

Place: Eastview HS Wrestling Room
Enter through Main West Doors!

Cost: \$85
Includes t-shirt, shorts and 3 tournaments.
(\$10 discount if in Advanced Training Sessions)
Make checks payable to Lightning Wrestling.

Questions: Steve Praus
(E-Mail) srpraus@gmail.com
(VM): 612.303.3783

Sign-up today!

Get involved with the Eastview Wrestling Program!!!

Please Detach Here

Name _____ Grade _____ Weight _____
 Address: _____ City _____ Zip _____
 E-Mail Address: _____ T-Shirt Size
 YM YL S M L XL 2XL
 Parent Names _____ Shorts Size
 Home Phone # _____ YS YM YL S M L XL 2XL

Registration by Mail:
Travis Lee, c/o Eastview High School
6200 140th Street West, AV, MN 55124

Registration by E-Mail:
Provide all the above information.
(E-Mail) srpraus@gmail.com