



EASTVIEW WRESTLING CLINIC



K – 5th Grade

Wrestling clinic goals:

- ◆ Have Fun! *Beginners & advanced welcome.*
- ◆ Learn the basics of wrestling.
- ◆ Non-competitive atmosphere!
- ◆ Free trial. “Try it, you’ll like it”!
- ◆ Preparation for the upcoming season.

100+ Wrestlers in 2010!

The wrestling clinic will include:

- ◆ Instructional Wrestling Techniques
- ◆ Basic & Advanced Techniques
- ◆ “Wrestle Mania” Demonstration
- ◆ Grouped by Age, Weight, & Ability
- ◆ Clinic T-Shirt & Daily Treats!
- ◆ Organized Activities & Games

In-House Wrestling begins Nov. 1st!
Sign-ups taken at the clinic!

WRESTLING CLINIC

Sign-Ups: Mail before Thurs, Oct. 13th.
Walk-in sign-ups accepted.
Limited to the first 75 kids!

Dates: October 18th & 24th @ DP / TL
October 18th & 25th @ GL
October 18th & 26th @ HL / OR

Wrestling Mania @ EVHS... Thurs, 10/27

Who: Students in Grades K – 5.

Time: 6:30 – 7:45 pm

Place: @ Diamond Path, Thomas Lake - 10/18, 24
@ Greenleaf – 10/18, 25
@ Highland, Oak Ridge – 10/18, 26

@ Eastview High School – Thursday, 10/27

Cost: **FREE** Includes T-Shirt & Treats.
Free for students in ISD 196 only.

Questions: Travis Lee
(E-Mail) travis.lee@district196.org
(VM) 651 683-6969 ext. 98623

Sign-up today!

- ◆ The Wrestling Clinic is staffed by EVHS wrestling coaches and varsity wrestlers.
- ◆ Attendance at all sessions is encouraged but not mandatory.

Please Detach Here

Name _____ Grade _____ Weight _____

Address: _____ City _____ Zip _____

Wrestler T-Shirt Size: YM _____ YL _____ AS _____ AM _____ AL _____ XL _____ XXL _____

Parent E-Mail Address: _____

Elementary School: Diamond Path Greenleaf Highland Oak Ridge Thomas Lake
(Circle one) 10/18 & 10/24 10/18 & 10/25 10/18 & 10/26 10/18 & 10/26 10/18 & 10/24

Parents Names _____ Phone _____

Registration Returned:
Travis Lee
c/o Eastview High School
6200 140th St. West
Apple Valley, MN 55124-6912

Registration by E-Mail:
Provide all the above information.
(E-Mail) travis.lee@district196.org