



# FREESTYLE WRESTLING

1<sup>st</sup> – 12<sup>th</sup> Grade

### Freestyle Goals:

- ◆ *Have Fun! Beginners welcome.*
- ◆ Learn the basics of freestyle wrestling.
- ◆ International & Olympic style of wrestling.
- ◆ Advanced techniques for those ready!
- ◆ Provide a great learning environment!
- ◆ Provide a great coaching staff!

**Start Your Wrestling Career Today!**

### Freestyle wrestling will include:

- ◆ *Great coaching staff!*
- ◆ *Eastview wrestling coaches involved.*
- ◆ Practices divided by age and ability.
- ◆ **Free Thunderbolts T-Shirt.**
- ◆ Participation in MN/USA tournaments.
- ◆ **Thunderbolts Tournament @ Eastview.**
- ◆ Organized activities & games.

**Thunderbolts Tournament is April 3<sup>rd</sup>!**

## FREESTYLE

**Sign-Ups:** Tues., March 9<sup>th</sup> 6:45-7:15pm  
 Walk-in Thursday, March 11<sup>th</sup>  
 E-Mail – Name, Grade, Address  
[travis.lee@district196.org](mailto:travis.lee@district196.org)

**Who:** Wrestlers in Grades 1<sup>st</sup>-12<sup>th</sup>

**1<sup>st</sup> Practice:** Thursday, March 11<sup>th</sup>  
 1<sup>st</sup> – 6<sup>th</sup> 6:15-7:10 pm  
 7<sup>th</sup> – 12<sup>th</sup> 7:15-8:30 pm

**Dates:** Practices March – April  
*Select Tuesdays & Thursdays*  
*Optional Tournaments on Saturdays*

**Place:** Eastview High School  
 Enter Lower South West Doors

**Cost:** \$50 (1<sup>st</sup> – 6<sup>th</sup>) \$55 (7<sup>th</sup> – 12<sup>th</sup>)  
 MN/USA Card & Tourney Fee's Extra  
 Make checks payable to Thunderbolts.

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

**SIGN-UP TODAY!**

## THUNDERBOLTS STAFF INCLUDES...

<p><b><u>Justin Smith</u></b></p> <p>2X NCAA Champion            MN/USA National Team            MN State Place Winner</p>	<p><b><u>Zach Hanson</u></b></p> <p>Augsburg Wrestler            MN State Place Winner            Freestyle Coach</p>	<p><b><u>Minh Huynh</u></b></p> <p>Augsburg Wrestler            MN State Place Winner            Freestyle Coach</p>	<p><b><u>Jared McCarthy</u></b></p> <p>MN State Champion            High School Coach            Freestyle Coach</p>
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