



ALLATOONA JR BUCS WRESTLING



Grades: K-8th

Season: November-February

Begins: Monday, November 5th

Days: Tuesdays and Thursdays (K-5th)

Mondays, Tuesdays, & Thursdays (6-8th)

Times: 6:00-7:30 PM

Location: Allatoona HS Wrestling Room

3300 Dallas-Acworth Highway, NW

Acworth, GA 30101

Registration: Begins Monday, October 15th. Registration Forms and Payment (PayPal) is available on our website or at first practice.

Visit our Website: <http://allatoonabucs.com/jr-bucs-wrestling/>

Cost: \$200 for the Season

*Make checks out to Allatoona Takedown Club

USA Wrestling Card: \$40 (November 1-December 31, 2018)- If you plan on your child competing in tournaments.

Visit for more info on USA Card:

<http://www.teamgeorgiawrestling.com/usawmembership>

Equipment Needed:

Wrestling shoes, headgear (recommended), shirt, shorts, and singlet (if competing in tournaments)

Contact: Kyle Norred (Allatoona HS Head Wrestling Coach)

Wrestling Builds and Teaches:

Character	Conditioning	Agility
Strength	Coordination	Respect
Speed	Balance	Confidence
Hard-Work	Toughness	Discipline

Weight Classes and Age Divisions:

Wrestlers wrestle someone their same weight and age

Practices:

Warm-Ups and Stretching

Technique: Learning moves, positions, and rules

Drilling: Practicing wrestling moves

Games: Having FUN while learning the sport of wrestling!! Games reinforce wrestling technique the athletes are learning in practice!

Practices are run by teaching wrestling fundamentals and making sure kids work hard. Lessons learned in these practices will help in other sports.

Coaches:

Head Coach: Tyler Gwynn: Former HS Head Coach and Coach of the Year for Cobb County

Assistant Coach: Scott Roberts

“Once you have wrestled, everything else in life is easy.” ---Dan Gable

Visit our Website for more Info: <http://allatoonabucs.com/jr-bucs-wrestling/>