

## JOIN THE YOUTH WRESTLING CLUB

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- We strive to build character and resiliency in young kids through the sport of wrestling.
- We focus on teaching the fundamentals of wrestling without the pressure to compete.
- We cater to families with low time and financial commitment.
- No weekend commitments!



## TESTIMONIALS FROM PARENTS & WRESTLERS

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“We really loved the youth wrestling program you had last year! It was the boys’ first year and they had a great time. They loved the games and learned the fundamentals of wrestling in a non-competitive, supportive environment. The coaches were excellent role models for the kids. Wrestling gave the kids a great outlet to exercise during the cold winter months. We will definitely be doing it again!” —*Kristie Marx, mother of Benjamin Konkol (3rd grade) and Jonathan Konkol (2nd grade)*

“Both of our boys loved the experience of being a part of a team without the pressure to compete at a young age. I appreciate the skills and values the coaches impart to the kids while holding them accountable for things like cleaning up the wrestling room post-practice and helping the littler, younger ones of the group.” —*Chuck and Polly Berendes, parents of Louie (5th grade) and Hank (3rd grade)*



## AQUINAS BLUGOLD YOUTH WRESTLING CLUB



For Boys AND Girls  
**3rd-6th Grade**

[AquinasWrestling.com](http://AquinasWrestling.com)

## AQUINAS BLUGOLD YOUTH WRESTLING PHILOSOPHY

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- Aquinas 3rd-6th youth wrestling will introduce and advance the sport of wrestling in a relaxed and welcoming environment.
- Our goals for these wrestlers is to have fun and learn the fundamentals of wrestling.
- Competition will not be promoted, but we will showcase opportunities to compete in the area if the athlete has interest.



## 3RD-6TH YOUTH COACHES

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### PHIL KLAR

Phil is an Aquinas High School graduate ('99) and former wrestler. He has been coaching youth wrestling for over more than five years. His upbeat attitude and energy make the practices fun and active!



### ERIC SMITH

Eric attended and wrestled at Waunakee High School, graduating in 1989. He went on to wrestle and graduate from UW-La Crosse. He has been an assistant coach at Aquinas High School for over 20 years, before recently moving to the youth level, where he does an outstanding job with the youngest wrestlers.



## THE DETAILS

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**DATES:** Every Tuesday and Wednesday, beginning December 3 through February 26 (*Attendance for both days is not mandatory.*)

**TIME:** 5:30-6:30 p.m.

**LOCATION:** Aquinas High School Wrestling Room

**COST:** \$25

## REGISTER ONLINE

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To register your child, go to [AquinasWrestling.com/signup](http://AquinasWrestling.com/signup)

Contact Coach Stanek with any questions.  
[StanekD@westerntc.edu](mailto:StanekD@westerntc.edu)