

JOIN THE YOUTH WRESTLING CLUB

- We strive to build character and resiliency in young kids through the sport of wrestling.
- We focus on FUN and FUN-DAMENTALS without the pressure to compete.
- We cater to families with low time and financial commitment.
- No weekend commitments!
- K-2nd grade meets only once a week, and we guarantee they'll want to come back for more!



TESTIMONIALS FROM PARENTS & WRESTLERS

“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)*

“I love to practice my wrestling moves at home so I can knock those boys down to the mats at practice! Coach Stanek sometimes calls me a Ninja so I always do my best.” —*Lilly Helvey (1st grade)*

Lilly loves being able to get right in there and work and play alongside the boys, but she would love to see some girls in the mix. I'm sure she would try to be gentle with them.



AQUINAS BLUGOLD YOUTH WRESTLING CLUB



For Boys AND Girls
K-2nd Grade

AquinasWrestling.com

AQUINAS BLUGOLD YOUTH WRESTLING PHILOSOPHY

- Aquinas K-2nd youth wrestling will introduce the sport in a relaxed and welcoming environment.
- Our primary goal is for the kids to have fun and learn fundamentals.
- Emphasis will be placed on drills, games and activities that promote body awareness and athletic movement.
- A very small amount of technique will be shown and competition (live wrestling) will not be promoted outside of the regular practices.



K-2ND YOUTH COACH



DEKE STANEK

Coach Stanek is in his 11th season as Head Coach of the Aquinas wrestling team. His teams have won 5 regional titles and he has coached 12 State Qualifiers and 11 State Place winners. He's coached youth wrestling the last 3 seasons and considers it the most fun part of his coaching duties. He is the father of 3 boys, Lincoln (3rd grade), Porter (5K) and Britton (3P) and the husband of Erica Stanek. He looks forward to having fun and teaching the sport of wrestling to young and enthusiastic kids.

THE DETAILS

DATES: Every Monday, beginning January 6 through March 2 (*No practice on February 10*)

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

LOCATION: Aquinas High School Wrestling Room (*The first night we will meet in the cafeteria to handout calendars and other materials.*)

COST: \$25

REGISTER ONLINE

To register your child, go to AquinasWrestling.com/signup

Contact Coach Stanek with any questions.
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