



# AQUINAS BLUGOLD YOUTH WRESTLING CLUB

for boys and girls in 3<sup>rd</sup>-5<sup>th</sup> grade

**Monday & Wednesday from January 6 to February 26 | 5:30 - 6:30 PM**  
**New Aquinas Wrestling Facility | 1501 St. Andrews Street**

located next to Three Rivers Performance

*There will be some competition offered to this year. Our coaches will attend a few area tournaments if there is sufficient interest.*

**\*\*There is no practice on non-school days or snow days\*\***

## AQUINAS BLUGOLD YOUTH WRESTLING PHILOSOPHY

- Aquinas 3<sup>rd</sup>-5<sup>th</sup> 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.

## JOIN THE YOUTH WRESTLING CLUB

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

## REGISTER TODAY!

Go to: [aquinaswrestling.com/signup](https://aquinaswrestling.com/signup)  
or scan the QR code.



## MEET YOUR COACHES

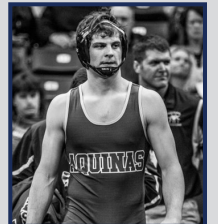
### Riley Haag

Riley Haag is also a class of 2020 Aquinas wrestling alumni. He attended and graduated from Western Technical College in their HVAC program and is currently employed at Paul's Heating and Air Conditioning. Riley was also actively involved in our K-2<sup>nd</sup> program while in high school and is excited to share his knowledge and energy with our wrestlers!



### Riley Klar

Riley is a youth Blugold wrestling alumni, having started with our club as a 1<sup>st</sup> grader many years ago. Riley graduated from Aquinas in 2022, where he was a four-year varsity starter and a multi-time captain for the Aquinas wrestling team. Riley capped off an excellent career, finishing 3<sup>rd</sup> at the State Tournament his senior year. Riley is currently attending Western Technical College, working on his apprenticeship for plumbing while also working for Niebuhr plumbing. Riley volunteered his time during high school to work with the youth blugold wrestlers in the K-2<sup>nd</sup> group, and did a fantastic job with the kids. We are now excited to have him officially on staff helping out with our older group.



### Preston Horihan

Preston is a 2022 Aquinas wrestling alumni. He is currently playing football at UWL and studying math education with hopes of teaching and coaching football. Preston has helped coach wrestling at all ages and is excited to be officially part of this program.



### Brett Ziolkowski

Brett is a 2024 grad of Aquinas and is currently working at JF Brennan, pursuing a career in commercial diving. He started wrestling in the youth program in first grade and continued all the way until graduation. His senior year he qualified for the state tournament at heavyweight and is excited to give back to the program that has helped him.

