



AQUINAS BLUGOLD YOUTH WRESTLING CLUB

for boys and girls in K-2nd grade



Every Tuesday from January 7 to February 25 | 5:15 - 6:15 PM
New Aquinas Wrestling Facility | 1501 St. Andrews Street

located next to Three Rivers Performance

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

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.

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!

MEET YOUR COACH - KEVIN SCHAMS



Kevin Schams was born and raised in La Crosse, WI, where he attended Aquinas High School, playing football and wrestling throughout his high school years. He went on to play football at UW-La Crosse, graduating in 2012.

Since then, Kevin has worked at Mathy Construction, focusing on business and accounting projects. Outside of work, he enjoys playing guitar, training in Brazilian Jiu-Jitsu, and spending time with his children.

In 2017, Kevin married Alex, whom he affectionately calls his "rockstar" for her unwavering support and energy. Together, they have four children: Raegan (6), Otto (5), Mason (3), and Hudson (1).

REGISTER TODAY!

Go to: aquinaswrestling.com/signup or scan the QR code.

Cost: \$25 per wrestler

