

AQUINAS BLUEGOLD



# YOUTH WRESTLING SUMMER CLINIC

20

WRESTLERS  
PER SESSION

JUNE/JULY  
2025

TUESDAYS OR  
THURSDAYS  
8:00AM-9:00AM

\$25

PER  
WRESTLER

ALL SESSIONS WILL BE HELD AT

## AQUINAS WRESTLING FACILITY

1501 ST. ANDREWS STREET

\*NEXT TO THREE RIVERS PERFORMANCE\*

BOYS & GIRLS

K-2ND  
GRADE

TUESDAYS

6/3 - 7/29  
8:00AM - 9:00AM

\*NO PRACTICE 7/1\*



COACHES

AHS HEAD COACH:  
DEKE STANEK

K-2<sup>ND</sup> COACH:  
KEVIN SCHAMS



TO REGISTER, SCAN  
QR CODE BELOW:

QR CODE HERE

BOYS & GIRLS

3RD-5TH  
GRADE

THURSDAYS

6/5 - 7/31  
8:00AM - 9:00AM

\*NO PRACTICE 7/3\*



COACHES

AHS HEAD COACH:  
DEKE STANEK

CURRENT AHS  
WRESTLERS

FREE T-SHIRT INCLUDED!



# WHAT TO EXPECT?

- WE WILL INTRODUCE THE SPORT OF WRESTLING 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 SMALL AMOUNT OF TECHNIQUE WILL BE SHOWN AND PRACTICED

## WHY AQUINAS WRESTLING?

- WE STRIVE TO BUILD CHARACTER AND RESILIENCY IN YOUNG KIDS THROUGH THE SPORT OF WRESTLING
- WE FOCUS ON FUN AND FUNDAMENTALS WITHOUT THE PRESSURE TO COMPETE
- WE CATER TO FAMILIES WITH LOW TIME AND FINANCIAL COMMITMENT



## WHAT TO BRING?

- WRESTLERS SHOULD WEAR SHORTS, T-SHIRTS AND SOCKS
- NO NEED FOR HEAD GEAR OR WRESTLING SHOES, BUT WRESTLERS MAY WEAR THEM IF THEY CHOOSE
- BRING A WATER BOTTLE



“MY FAVORITE THING WAS PLAYING GAMES AND WRESTLING WITH MY FRIENDS”

- ASHER,  
2<sup>ND</sup> GRADE

“I LIKED LEARNING WRESTLING AND PLAYING WITH MY FRIENDS”

- OTTO,  
5 YEARS OLD

