

2016, 17, & 18
County Champs

Elementary Wrestling

2017
District 3 Champs

Sign-Ups

When: **October 2nd (Wed) & October 3rd (Thurs)**
6:00pm – 7:30pm

Where: **Senior High School – Ground Floor, outside wrestling room**
When facing the school from the stadium, it is the lowest far left corner of the school, up the ramp and through double glass doors.

Who: **1st – 6th grade (ages 6 and up)**
Kindergarten & younger than 6 w/coaches approval

Why: Wrestling will build an athletic foundation for all other sports by developing **balance, coordination, physical and mental toughness, strength, and social character**. Where some sports favor a certain build, size, or mentality, wrestling allows **ALL** to participate through pairings based on age AND size. Wrestling provides an outstanding opportunity for young athletes to develop a sense of **responsibility** and **self-esteem**, while learning the relationship between effort and achievement.

Cost: **\$65/wrestler or \$120 for family deal**

Information

- Visit our website or Facebook page for more information
 - <http://www.exeterwrestling.net/>
 - <https://www.facebook.com/groups/ExeterWrestling/>
- Practices start in November and run through the end of February
- Matches are Friday nights, in January & February, with optional weekend tournaments
- QUESTIONS? Contact 1 of our elementary coaches:
 - Gary Lloyd 215-313-0827
 - Mike Hodowanec 484-769-6269