

# Big Foot Wrestling Club

## Co-Ed for Grades K - 8

### 2023-2024 Season

Come join in the excitement of wrestling. Learn the basics of wrestling, balance, flexibility, coordination, and even nutrition. Compete against children your age and skill level. All levels, from beginner to experienced are encouraged to participate.

#### MANDATORY Parent Information Meeting & Registration

Tuesday, November 14 at 6:00 PM

Big Foot High School Commons

Fee: \$60

*Checks made to the Big Foot Wrestling Club*

Practice starts December 4

K – 4<sup>th</sup> Mon. & Wed. 5:30 – 6:45 PM

4<sup>th</sup> – 8<sup>th</sup> Mon. & Wed. 6:30 – 8:00 PM



***For Practice: Due to the high expected numbers, we ask parents to drop off and pick up their wrestlers only.***

**Registration & Code of Conduct Forms, and more information, visit:**

<https://www.bigfootrecreation.org/Pages/SportsWrestling.html>

**For questions or additional information, contact: Jake Ries at (262) 325-0702**



*Special coaching appearances by Big Foot High School Head Wrestling Coach Tyler Heck and the high school wrestlers.*