

# **BIG FOOT WRESTLING CLUB**

## **WHO WE ARE**

We are a local wrestling club that teaches children from kindergarten to eighth grade the basics of wrestling. We also promote physical health issues such as balance, flexibility, and nutrition. All of these are an integral part to a child's development.

Our first year in operation as the official "Big Foot Wrestling Club" was 2004. We had 24 children from age 5 to age 14 on the roster at the end of March. We would like to build on that number and continue to add members each year.

## **WHAT WE DO**

We teach the basics of wrestling to children of all levels, from beginner to advanced. We take time with each individual to accentuate their strengths, and focus on improving their weaknesses. We try to make every practice enjoyable for all wrestlers. We encourage all wrestlers to travel on Saturdays from January through March to tournaments around southern Wisconsin to test their skills against other wrestlers their same age and weight.

## **WHERE WE ARE GOING**

We originated from the Sharon Wrestling Club, which was directed by George Ackley for over 15 years. Switching to the Big Foot Wrestling Club focuses our energy on the entire Big Foot Area School District, and not just one village.

The club incorporates numerous volunteers throughout the district to help assist our regular coaches. Big Foot Wrestling Club also works closely with Tyler Heck and Austin Duhigg, BFHS Varsity and Junior Varsity Wrestling Coaches, and their wrestlers to assist with instruction and demonstration. This club also serves as a feeder-program for the BFHS Wrestling Team.

## **2018/19 PRACTICE INFORMATION**

Practices begin Monday, December 3<sup>rd</sup>, 2018. They are held at the Big Foot High School Wrestling Room. We practice from 6:00 to 7:30 PM every Monday and Thursday. We begin traveling to tournaments in January and continue through March.

## **CONTACTS:**

For information about our club, registration, or \$100 sponsorship please contact:

Jacob Ries  
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Walworth, WI 53184  
(262) 325-0702

### Big Foot Wrestling Club 2018/19 Coaching Staff

Head Coach: Jacob Ries  
Assistant Coaches: Matt Huff, David Austin  
Collin Frederick, Shaun Sovsky