



Hononegah



Little Grapplers Wrestling

What is it?

This is a program designed for first year wrestlers from ages 4-8. The program teaches basics of wrestling, such as body awareness, light tumbling, and beginner techniques. This course gives kids and parents a chance to try out the sport of wrestling without having to be engulfed in an entire season.

When is it?

Little Grapplers will take place on Sundays in October. Practice is from **10:00 – 11:00 A.M.**
October 5th, October 12th, October 19th, and October 26th

Where is it?

Little Grapplers is located at Hononegah High School, Andy Kaiser Wrestling Room
-307 Salem St, Rockton- (Enter Athletic Entrance, Go to the Back Metal Gym)

What do I need?

No special equipment is needed! Participants should come in sport shorts and shirts. Shoes are not required, but please bring (wear) socks.

How do I sign up?

Registration is **\$40**, and is limited to the first 40 applicants! **Register online as spots will go fast!**

https://docs.google.com/forms/d/e/1FAIpQLSdHOTm8cPgXVz1hg3OcC_zXtPR_52gtKWRU6PMLM6j_jbt4oA/viewform?usp=sharing&oid=119567290774191589307

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For team info check out our website- www.hononegahwrestling.com

