



# Hononegah



## *Little Grapplers Wrestling*

### **What is it?**

This 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 into an entire season.

### **When is it?**

Little Grapplers will take place on Tuesdays in October. Practice is from **6:00 – 7:00 P.M.**  
**October 2<sup>nd</sup>, October 9<sup>th</sup>, October 16<sup>th</sup>, and October 23<sup>rd</sup>**

### **Where is it?**

Little Grapplers is located at Hononegah H.S. in the Marty Kaiser Wrestling Room  
-307 Salem St, Rockton- (Enter Athletic Entrance) inside 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?**

Sign-ups forms are filled out on the first night of practice. Registration is **\$25**, and is limited to the first 40 applicants. **Email ahead to reserve your spot early, spots will go fast! Contact Head Coach Anthony Miers @ amiers@hononegah.org. In your message, please tell us your son's name and age, we will then respond to you confirming he is on the list.**

For team info check out our website- [www.hononegahwrestling.com](http://www.hononegahwrestling.com)