

# WRESTLING

(Elementary and Middle School Ages)

Sponsored by:

# Mountainside Wrestling Club

**MISSION:** Promote the sport of wrestling to youth athletes grades K through 8 and to develop both physically and mentally by building strong fundamentals and having fun.

Opening Night is Monday, Nov. 13<sup>th</sup> at Mountainside  
High School!

Online registration is now available! Online registration is now mandatory. Please visit the “Youth Wrestling” page at [www.mountainsidewrestling.com/youth-wrestling/](http://www.mountainsidewrestling.com/youth-wrestling/) and follow the link to the online registration form, or go directly to <http://mountainsidewrestling.sportngin.com>.

The Beaverton School District does not sponsor or endorse the activities and/or information in this material.

## Practice Begins- Wednesday, Nov. 13th

**Location:** Mountainside High School Wrestling Room

**Directions:** Enter through the main entrance, turn right after entering, then an immediate right again to go down the stairs to the Lower Level (Basement). Once there the wrestling room will be just past the hallway that leads to the gym on the right.

### REGULAR PRACTICE TIMES:

Grades K through 4: 6PM to 7PM (Monday and Wednesday)

Grades 5 through 8: 7PM to 8:30PM (Monday and Wednesday)

**Season:** November 13<sup>th</sup> to February 2<sup>nd</sup>

### COMPETITIONS:

Tournaments will be Saturday mornings in Beaverton/Hillsboro area (schedule to follow).

Tentative District Tournament (end of season around February 1st, 2020) will be at a local High School (schedule to follow).

USA Wrestling Tournament Schedule for advanced wrestlers will also be posted on the website.

### COST for all ages:

\$166.00 (plus processing fee). Please visit the youth wrestling page on [www.mountainsidewrestling.com/youth-wrestling/](http://www.mountainsidewrestling.com/youth-wrestling/) or go directly to <http://mountainsidewrestling.sportngin.com> for the link to pay online.

Price includes Mountainside Wrestling Club t-shirt, USA wrestling membership, and wrestler entry to Metro League Tournaments.

Questions? Contact Coach James Lybarger at [mountainsidewrestlingclub@gmail.com](mailto:mountainsidewrestlingclub@gmail.com)

For additional information/updates follow:

<http://www.facebook.com/mountainsidewrestlingclub/>

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