



Dear Parents and Wrestlers,

Minooka Indians Elite Wrestling Club is looking to support your wrestling progress by offering additional practice and technique work. As wrestlers develop and grow, it is vital to provide every opportunity in preparation for their time at Minooka High School. Any wrestlers wrestling IESA for Channahon and Minooka, are encouraged to join us during our practices. Our practice schedule is as follows:

- Mondays (6:45-8:15pm)
- Tuesdays (6:45-8:15pm)
- Thursdays (5:15-7:15pm)

Additionally, we have open practices for Beginners through Varsity kids on Fridays (5:30-7:30pm). Every practice takes place in the Minooka High School (Central Campus) wrestling room (enter Door 28). The only requirement to join these practices is a 2019-2020 USA Wrestling Card.

<https://www.usawmembership.com/login> The membership costs \$40.

As feeder programs for Minooka High School, we are excited for this opportunity to partner with Channahon and Minooka Junior High Schools to maximize the potential and develop a systemic culture in each of our wrestlers. If you have further questions, please contact:

Ryan Lemberg-Head Coach Minooka Indians Elite

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815-953-9287

*This is not a school sponsored publication and is not endorsed by Minooka School District #201.