

# **O'GORMAN YOUTH WRESTLING**

## **Boys and Girls**

Coaches:

**RYAN O'CONNOR**  
**ALEX BURGHARDT**  
**BEN KLINKHAMMER**

We encourage all Dads with wrestling experience to help out! Bring your shoes!

Brief Parents Meeting 5:45 Monday, November 21<sup>st</sup> at O'G HS Wrestling Room.

First practice November 29th.  
Bring Wrestling Shoes, Shorts, Shirt.

Kids will have fun learning Wrestling Basics, Discipline, Body Movement,  
Tumbling, Hardwork, Toughness.

**Tuesdays & Thursdays**

K-6 6:00-6:45

3-6 6:45-7:30

**\$75.00 per wrestler**

We have a Facebook group - O'Gorman Youth Wrestling Parents - to keep you updated with any events or changes. Please check it out!

.....

Wrestler Name: \_\_\_\_\_  
School: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_  
Grade: \_\_\_\_\_  
T-Shirt Size: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Email: \_\_\_\_\_

Allergies/Medical: \_\_\_\_\_

Goals are important. Goals should be achievable not just outcome based.

(Examples of Goals: have fun, work hard, win a match, learn 5 moves, cartwheel, place at state)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Please make checks payable to "O'Gorman Wrestling" Bring completed form to first practice.  
Make payment whenever you are able, let's just get the kids on the mat!