

# NICOLET RECREATION DEPARTMENT



## JUNIOR KNIGHTS WRESTLING

This club is for the beginner and experienced wrestlers looking to learn and improve on the fundamentals of wrestling. It will introduce & teach basic wrestling positions & moves from the up, down and neutral positions. Participants will learn wrestling with an emphasis on technique, positioning & sportsmanship in a fun, fast-paced atmosphere. Program instructed by Nicolet Wrestling Coaches. If you have questions about the program, please call Coach Tim at 414-690-0332 or email him at: [tpanicucci@gmail.com](mailto:tpanicucci@gmail.com)

All wrestlers born 2017 and later will end March 7th to prepare the older wrestlers for the State qualifier.

**Tuesdays & Thursdays, November 28 - March 21 (skip 12/26 & 12/28)**

**K4-2nd Grade: 5:30-6:15pm | 2nd-8th Grade: 6:30-7:45pm**

**Glen Hills Middle School**

**\$100.00R/\$120.00NR**

**Program#: 111210-01, 02**

**REGISTER ONLINE AT:**

**[HTTPS://WEB2.VERMONTSYSTEMS.COM/NICOLET.HTML](https://web2.vermontsystems.com/nicolet.html)**

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Website: <https://www.nicolet.us/page/nicolet-recreation-department>

