

# JR. KNIGHTS WRESTLING

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

## JUNIOR KNIGHTS WRESTLING PRE-SEASON OPEN MAT

Join us for some pre-season wrestling. Shake off the ring rust and get some mat time in before the season begins. This is great for all new wrestlers interested, but unsure if this sport is for them. Come test the waters and try it out.

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)

**Date:** October 15 - November 19  
**Day:** Tuesdays  
**Time:** 6:00 - 7:00pm  
**Location:** Nicolet Union High School - Multi-Purpose Room  
**Grade:** K4 - 8th  
**Fee:** \$10.00R/\$20.00NR  
**Program#:** 111211-01  
**Min/Max:** 10/50  
**Instructor:** Junior Knights Wrestling Coaching Staff



## 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 Gus Kaufmann and the 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 2019 and later will end March 6th to prepare the older wrestlers for the State qualifier.

**Date:** December 3 - March 20 (skip 12/24 & 12/26, 12/31, 1/2)  
**Day:** Tuesdays and Thursdays  
**Location:** Nicolet Union High School - Multi-Purpose Room  
**Fee:** \$100.00R/\$120.00NR  
**Min/Max:** 10/50  
**Instructor:** Junior Knights Wrestling Coaching Staff



<b>Session:</b>	<b>Grade:</b>	<b>Time:</b>	<b>Program#:</b>
I	K4 - 2nd	6:00 - 6:45pm	111210-01
II	3rd - 8th	6:00 - 7:30pm	111210-02



**Nicolet Recreation Department**  
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<https://www.nicolet.us/o/recreation>