

# GLENOAK YOUTH WRESTLING 2025-2026



Glenoak Youth Wrestling Sign  
Ups

## SIGN UPS

### **CALLING ALL LITTLE EAGLES**

WE ARE THRILLED TO ENTER A NEW SEASON OF WRESTLING WITH HEAD YOUTH COACH STEVE KNEPP LEADING OUR LITTLE EAGLES! WITH 28 YEARS OF COACHING EXPERIENCE AND AN ENERGETIC, HIGH-IMPACT APPROACH, COACH KNEPP IS DEDICATED TO HELPING OUR YOUTH EXCEL AT EVERY LEVEL OF THE SPORT.

THIS SEASON PROMISES TO BE FULL OF GROWTH, DEDICATION, AND EXCITEMENT AS WE CONTINUE TO BUILD OUR WRESTLING FAMILY!

GLENOAK YOUTH WRESTLING INTRODUCES KIDS TO THE FUNDAMENTALS OF WRESTLING, SUCH AS BALANCE, STRENGTH, TECHNIQUE, AND DISCIPLINE, IN A STRUCTURED ENVIRONMENT. WE FOCUS TEACHING THE BASICS OF THE SPORT, INCLUDING VARIOUS HOLDS, TAKEDOWNS, AND ESCAPES, WHILE EMPHASIZING SPORTSMANSHIP, RESPECT, AND PHYSICAL FITNESS.

#### **WHO CAN JOIN:**

OPEN TO ALL KIDS IN GRADES K-6TH, REGARDLESS OF SKILL LEVEL.

#### **COMMUNICATION:**

REMIND- TEXT 81010 @GLENOAKYOU  
FIND CLASS NAME GLENOAK YOUTH WRESTLING 2025-2026  
FOR ADDITIONAL UPDATES  
FACEBOOK PAGE GLENOAK WRESTLING - 3 LEVELS - ONE FAMILY

#### **IMPORTANT DATES:**

-OFFICIAL SIGN UPS START: OCTOBER 1  
-PARENT MEETING: TBD  
-OFFICIAL PRACTICE NOV 3  
SIGN UPS END NOV 3

#### **HOW TO SIGN UP:**

1. QR CODE  
2. WEBSITE: GLENOAKWRESTLING.COM  
3. IN PERSON SIGN UPS AT:  
GLENOAK HIGH SCHOOL  
OPEN MAT - WRESTLING ROOM  
MONDAYS 6-730