

UPPER ARLINGTON MAT CUBS WRESTLING



BOYS PRACTICE BEGINS

November 30, 2026

Grades 1 - 2

Mon, Wed
6:30 - 7:30 pm

Grades 3 - 6

Mon, Wed
7:45 - 9:00 pm



REGISTRATION OPENS

October 15, 2026

www.uawrestling.org

GIRLS PRACTICE BEGINS

November 10, 2026

Grades K - 6

Tues, Thurs
6:30 - 7:45 pm

Go Bears!

INFORMATIONAL MEETING

Monday, November 9, 2026

7 PM

Upper Arlington High School Physical Educational/Health Classroom

Upper Arlington Mat Cub Wrestling Program

Training the Mat Cubs of today to be the Golden Bear State Champions of tomorrow!

**UPPER ARLINGTON
MAT CUBS
WRESTLING**

Dear Upper Arlington Parent:

The Upper Arlington Mat Cubs Boys Wrestling Program is a youth athletic program designed to teach kids in the first through the sixth grades the basic fundamentals of the sport of wrestling. This year's program will begin at the end of November and end in mid February. Boys in grades 1-2 will meet on Monday and Wednesday nights from 6:30-7:30 PM while boys in grades 3-6 will meet on Monday and Wednesday nights from 7:45-9:00 PM. The cost of the program is \$135 (maximum \$250 per family), which includes a T-Shirt, team photo poster and the participation fee in the Central Ohio Youth Wrestling League, with all proceeds from the program going toward supporting the Upper Arlington Wrestling Program.

We strongly encourage you to enroll your child in the Mat Cubs Program for several reasons. First of all, the individual character of wrestling teaches personal responsibility like no other sport. The individual wrestler, and no one else is, is solely responsible for victory or defeat. This responsibility can be invaluable in developing a youngster's character and self-esteem. In addition, wrestling builds strength and endurance as well as developing self-reliance and perseverance. The activity conditions the body for a variety of other sports by developing coordination, speed, accuracy, balance while keeping muscles trim and pliable. In that regard, competing in wrestling can help a young athlete improve physically in other sports. Finally, wrestling matches contestants according to weight enabling kids of all sizes to compete in their own weight class.

The Boys' Mat Cubs Director is David Tiggett, who enters his 16th year of directing the Mat Cubs. He is assisted by the coaching staff at Upper Arlington High School, including head wrestling coach Matt Stout who is in his 16th season and directed the Mat Cubs from 1999-2011. Overall, the Mat Cubs Staff is committed to helping your child learn the fundamentals of wrestling in an organized and enjoyable environment.

Registration of your child for the Mat Cubs can be done online at <https://www.uawrestling.org/teams/mat-cubs/> beginning on October 15, 2026. An informational meeting for the Mat Cubs will be held on Monday, November 9^h at 7:00 P.M. in the Upper Arlington High School Physical Education Classroom (located in the UAHS Athletic Hall, accessible by entering through the Schoedinger Family Doors Entrance on the east of side of UAHS and then turning left once in the UAHS Athletic Hall). The Mat Cubs Staff looks forward to seeing you then.

David Tiggett
Boys' Mat Cubs Director

Matt Stout
*Head Wrestling Coach
Upper Arlington High School*

THIS ACTIVITY IS NOT SPONSORED BY THE UPPER ARLINGTON SCHOOLS

UPPER ARLINGTON
MAT CUBS
WRESTLING

GENERAL INFORMATION

WHO: Open to all Upper Arlington boys, Grades 1-6

WHERE: Upper Arlington High School Wrestling Room

WHEN: Monday and Wednesday nights beginning November 30, 2026. Grades 1–2 will participate on Monday and Wednesday nights from 6:30–7:30 PM; Grades 3–6 will participate on Monday and Wednesday nights from 7:45–9:00 PM. The Program will end February 14, 2027.

COST: \$135 per child with a maximum of \$250 per family. Included in the cost is a T-Shirt, team photo poster, and the participation fee in the Central Ohio Youth Wrestling League. All proceeds from the program going toward supporting the Upper Arlington Wrestling Program.

INFORMATIONAL MEETING: A general informational meeting will be held Monday, November 9th at 7:00 P.M. in the Upper Arlington High School Physical Education Classroom (located in the UAHS Athletic Hall, accessible by entering through the Schoedinger Family Doors Entrance on the east side of UAHS and then turning left once in the UAHS Athletic Hall).

REGISTRATION: Parents can register their child online at <https://www.uawrestling.org/teams/mat-cubs/> beginning on October 15, 2026.

FOR MORE INFORMATION:

Boys Director, David Tiggett: email: uamatcubs@gmail.com; phone: (614) 937-2453

UAHS Head Wrestling Coach, Matt Stout: email: mstout@brickergraydon.com;
phone: (614) 204-8066

UPPER ARLINGTON MAT CUBS BOYS WRESTLING PROGRAM

2026-27 Tentative Schedule and General Information

BOYS' GRADES 1-2 SCHEDULE

Date	Event	Time
Monday, 11/30/26	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 12/2/26	Boys' Grades 1-2 Session	6:30-7:30 PM
Monday, 12/7/26	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 12/9/26	Boys' Grades 1-2 Session	6:30-7:30 PM
Monday, 12/14/26	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 12/16/26	Boys' Grades 1-2 Session	6:30-7:30 PM
Monday, 1/4/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 1/6/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Sunday, 1/10/27	League Meet (Site TBA)	1:00-5:00 PM
Monday, 1/11/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 1/13/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Sunday, 1/17/27	League Meet (Site TBD)	1:00-5:00 PM
Monday, 1/18/27	No Practice – Martin Luther King Jr. Day	N/A
Wednesday, 1/20/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Thursday, 1/21/27	Mat Cubs Night	7:00 PM
Sunday, 1/24/27	League Meet (Upper Arlington HS)	1:00-5:00 PM
Monday, 1/25/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 1/27/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Sunday, 1/31/27	League Meet (Site TBD)	1:00-5:00 PM
Monday, 2/1/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 2/3/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Monday, 2/8/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Wednesday, 2/10/27	Boys' Grades 1-2 Session	6:30-7:30 PM
Sunday, 2/14/27	League Championship (Marysville HS)	9:00 AM–5:00 PM

MISCELLANEOUS DATES AND INFORMATION

PICK-UP AND DROP-OFF: Sessions start promptly at the designated start time so please have your child at practice on time. In addition, parents should arrive five minutes early (if possible) for pick-up of their child in the case that a session ends early. Please pick up your child in the Upper Arlington High School Wrestling Room. All parents are welcome to stay and watch sessions.

SNOW DAYS: The Program WILL BE CANCELED on school Snow Days.

MAT CUBS NIGHT: Thursday, January 21, 2027 at 7:00 PM in the Upper Arlington High School Gymnasium for the Upper Arlington v. Olentangy Orange dual meet. More information will follow.

CENTRAL OHIO YOUTH LEAGUE MATCHES: All League Meets are optional but encouraged. The schedule time is estimated. More information will follow.

TEAM SNAP APP: Look for an invitation from Team Snap to register your child under the “UA Mat Cubs” team link.

WHEN IN DOUBT...Contact Program Director David Tiggett:

Phone: (614) 937-2753; email: uamatcubs@gmail.com

UPPER ARLINGTON MAT CUBS BOYS WRESTLING PROGRAM

2026-27 Tentative Schedule and General Information

BOYS' GRADES 3-6 SCHEDULE

Date	Event	Time
Monday, 11/30/26	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 12/2/26	Boys' Grades 3-6 Session	7:45-9:00 PM
Monday, 12/7/26	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 12/9/26	Boys' Grades 3-6 Session	7:45-9:00 PM
Monday, 12/14/26	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 12/16/26	Boys' Grades 3-6 Session	7:45-9:00 PM
Monday, 1/4/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 1/6/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Sunday, 1/10/27	League Meet (Site TBA)	1:00-5:00 PM
Monday, 1/12/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 1/14/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Sunday, 1/17/27	League Meet (Site TBD)	1:00-5:00 PM
Monday, 1/19/27	No Practice – Martin Luther King Jr. Day	N/A
Wednesday, 1/20/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Thursday, 1/21/27	Mat Cubs Night	7:00 PM
Sunday, 1/24/27	League Meet (Upper Arlington HS)	1:00-5:00 PM
Monday, 1/25/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 1/27/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Sunday, 1/31/27	League Meet (Upper Arlington HS)	1:00-5:00 PM
Monday, 2/1/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 2/3/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Monday, 2/8/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Wednesday, 2/10/27	Boys' Grades 3-6 Session	7:45-9:00 PM
Sunday, 2/14/27	League Championship (Marysville HS)	9:00 AM–5:00 PM

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