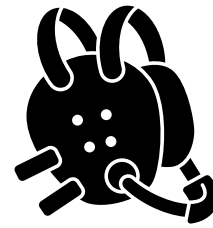


LYONS TOWNSHIP WRESTLING



2026-2027



Now Open for Registration



Illinois High School Weights

(IHSA): We have 16 different weight classes: 90, 97, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285 lbs.



LTHS BOYS WRESTLING TEAM

ALL SIZES WANTED!
NO EXPERIENCE
NECESSARY!

Reasons to Wrestle at LTHS:

- Wrestling teaches athletes to stay calm under pressure, developing mental toughness through constant one-on-one competition where there's no one else to rely on.
- You wrestle students your own weight class and your own age. **Freshmen will wrestle Freshmen!**
- It teaches you how to tackle correctly and move other people!
- **Everyone wrestles** all the time! No sitting on sidelines!
- You determine if you start! Coaches teach and we have challenge matches every week for the starting spots!



**INFORMATIONAL MEETING IS
WEDNESDAY, NOVEMBER 4TH
@ 3:15PM IN THE GYMS 1 & 2
AT SOUTH CAMPUS
AFTER SCHOOL!!!
IT IS IMPORTANT TO ATTEND!**

REGISTER NOW AT HOME!

Questions? e-mail Coach Casella :
bcasella@d204.lths.net or
Coach Puzzo:
jpuzzo@d204.lths.net OR
Coach Mac Casella
btcasella@d204.lths.net