



**FOND DU LAC RECREATION DEPARTMENT  
FOND DU LAC WRESTLING CLUB  
ELEMENTARY AFTER SCHOOL**



**WRESTLING PROGRAM 2011  
October 31 – December 15**

**MOTTO:**

“Wrestling for Fun and Fundamentals”

**PHILOSOPHY:**

Wrestling will be based on effort, on individuality, and on total participation; emphasizing that success is related to effort, not score.

**OBJECTIVES:**

1. To have fun while developing fundamentals.
2. To develop self-confidence.
3. To develop a positive self image.
4. To develop the concept that success is related to effort, not score.
5. To develop loyalty and a sense of responsibility through team play.
6. To develop a sportsmanship attitude.
7. To provide proper physical, mental and social development.

*Schedules available on their website:  
FondduLacWrestling.com*

**GRADES:**

**1<sup>ST</sup> – 6<sup>TH</sup>** Grades 1 through 6 who reside in the Fond du Lac School District are eligible. All students will participate with students of the same grade and age where possible. Grade K is welcome if an older sibling is participating or a parent accompanies the student.

| School    | Days               | Times                    | 1 <sup>st</sup> Day of Practice<br><b>October 31</b><br><b>November 1</b> |
|-----------|--------------------|--------------------------|---|
| Waters    | Monday / Wednesday | 3:15 pm – 5:00 pm        |   |
| Chegwin   | Monday / Wednesday | 3:15 pm – 5:00 pm        |   |
| Pier      | Monday / Wednesday | 3:15 pm – 5:00 pm        |   |
| Lakeshore | Monday / Wednesday | <b>3:30 pm – 5:15 pm</b> |   |
| Evans     | Tuesday / Thursday | 3:15 pm – 5:00 pm        |   |
| Riverside | Tuesday / Thursday | 3:15 pm – 5:00 pm        |   |
| Rosenow   | Tuesday / Thursday | <b>3:30 pm – 5:15 pm</b> |   |
| Roberts   | Tuesday / Thursday | 3:15 pm – 5:00 pm        |   |

**DATES:**

**October 31 – December 15** (Excluding – Nov. 8 / Nov. 23 / Nov. 24)

**FEE:**

**\$20.00/Family** (Check should be made out to: Fond du Lac Wrestling Club)

**PROGRAM:**

This seven-week program will consist of practice and dual meets.

**COACHES:**

Various qualified Fond du Lac Wrestling Club coaches.

**REGISTRATION:**

**Tuesday, October 11 • 6:00 – 7:30 pm • Riverside Lobby** (or first day of practice)

**REGISTRATION FORM**

*Please bring completed registration form along with fee to registration.*

Wrestler's Name \_\_\_\_\_ M / F Age \_\_\_\_\_ Grade \_\_\_\_\_ Weight \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Cell Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Parent's E-Mail Address \_\_\_\_\_

Parent's Names \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_



**2011 Elementary After School  
WRESTLING PROGRAM**