

GRANITE CITY WRESTLING CLUB



WHO: Kids ages 4 years old through 8th grade.

WHEN:

- **Pre-season:** Practices begin Oct. 4th and will be every Wednesday in Oct. 6:00pm-7:30. These are geared toward experienced, returning wrestlers, but anyone is welcome.
- **Regular season:**
 - ***Level 1(beginners and 8 and under)***- Every Wednesday in November from 6:00-7:30.
 - ***Level 2(experienced)***-Every Tuesday/Thursday starting in November from 6:00pm-8:00

WHERE: All practices are held upstairs at Tank's Training Facility at 1908 State Street.

WHY: The Granite City High School wrestling team has more wins than any other high school in the country. This is a great tradition to be a part of. Wrestling prepares children to be physically and mentally stronger and is a great supplement to all other sports. Our program produced 6 all-state wrestlers last season, and look to improve on that this year.

HOW: Registration for the season is \$150. This includes uniform, insurance, and training. Payment plans ARE accepted and fundraisers ARE available. Register at any of the preseason or regular season practices. All paperwork will be made available then. Please bring a copy of child's birth certificate if it is their first year. For more information "Like" the Granite City Wrestling Club Facebook page. Call Coach Tim Gihring(618-910-0135) or Mike Dowdy(618-407-7575) for information as well.