

Why Wrestle?

- Improves self confidence and the belief that anything is possible.
- Teaches young people to respect themselves and others.
- Promotes excellence and encourages athletes to set goals.
- Builds personal accountability because the athlete alone is responsible for the outcome.
- Develops integrity, discipline, and a strong work ethic-traits that will last a lifetime.
- Exposes athletes to positive role models.



"Once you've wrestled, everything else is easy."

Dan Gable

*Olympic Gold Medalist
& 2x NCAA Champion*

WESTBANK WRESTLING CLUB

1317 Curtis St
Harvey, LA 70058



Phone: 504-756-8589
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Web site: www.westbankwrestling.org

WESTBANK WRESTLING CLUB

We build champions on and off the mat!

Practices begin
Jan. 22
Tuesdays & Thursdays

Informational Meeting
For Parents
Wed., Jan. 16th
6:00 pm @ Ehret
In front of gym upstairs

Receive a \$20 Discount
when you register and
pay before January 21st



**GRAPPLING
DUCKS**

Tel: 504-756-8589

Practice Information



Practices begin January 22, 2019 and last through May 16, 2019.

It's never too late to join!

DAYS: Tuesday and Thursday Nights

TIME: Starts at 6 pm

PLACE: John Ehret High School
(in front of gym upstairs)

COST: \$100 fee

AGES: 4-18 years old

Additional Training Available

ASSESSMENT This year we are offering Assessments of Skills. These will be tests given by the coaches to the wrestler to measure what they have learned. The tests will be scheduled on certain days, and the cost will be \$10. The test may include questions and the physical demonstration of moves (some require a partner).

ADVANCED TECHNIQUE CLINICS We will also schedule days for Advanced Technique Clinics. We will offer in instruction on certain areas of wrestling and focus on skills that may not get covered in regular lessons. The costs of these will be \$10.

TOURNAMENTS Wrestlers may compete in tournaments but are not required. Most tournaments are held on Saturdays at various locations throughout the state. The cost for competing is \$10. A wrestling uniform and wrestling shoes are required to compete.

NATIONALS TRAINING For any wrestler competing in a national or regional tournament, we will have more practices prior to the tournament.

Practice Details

The \$100 fee covers the cost of 4 months of wrestling instruction which comes to \$25 a month. That's a great deal considering the cost of other martial arts classes like karate which can be \$80 or more a month.

There are two ways to register.

www.westbankwrestling.org

1. Go to our Registration page, fill out the form and pay online.
2. Print a registration form and pay when you bring your child to class.

www.usawmembership.com

All wrestlers are required to purchase a USA Wrestling card online before being allowed to practice. The USAW card covers the wrestler with secondary insurance and allows him to compete in tournaments.

What is needed to practice:

1. Wrestlers should come to practice in a clean t-shirt and shorts with no pockets.
2. Wrestling shoes are recommended especially to those competing in a tournament, but tennis shoes are acceptable for practice.
3. A wrestling uniform (singlet) and head-gear (protects wrestler's ears) are needed for competitions. They can be purchased or we may have some to borrow.

Session 1

- Begins January 22, 2018
- *Basics of Wrestling Level 1*
- 6:00 pm - 7:00 pm

This session is recommended for all wrestlers regardless of skill level. We believe that fundamentals are important to build a foundation for future skills to be taught. The style of wrestling taught is folkstyle. An assessment of skills will be given at the end.

Session 2

- Begins February 12, 2018
- *Basics of Wrestling Level 1*
Basics of Wrestling Level 2
- 6:00 pm - 7:00 pm
- *Advanced Wrestling*
- 7:00 pm - 8:00 pm

All wrestlers are expected to participate in the basics level 2. Wrestlers that pass the assessment of Level 1 may practice in the advanced class.

Session 3

- Begins March 26, 2019
- *Basics of Freestyle & Greco Wrestling*
- 6:00 pm - 7:00 pm
- *Advanced Freestyle & Greco Wrestling*
- 7:00 pm - 8:00 pm

All wrestlers are expected to practice in the basics of FS/GR and only wrestlers that pass the assessment of FS/GR basics may stay for the advanced FS/GR.

