



Laurel Lions Wrestling Club
A Youth Amelioration Organization

Information Sheet

2018 - 2019

General Information

- For ages 6 to 14
- Male or female may participate
- Competitors are safely and fairly matched by age/weight.
- Participation space is limited.

Parent Information Sessions

The sessions are conducted to familiarize parents and youth with the sport of wrestling and the LLWC organization. *All parents are highly advised to attend at least one of the Parent Information Sessions.

Location: Laurel High School, 8000 Cherry Ln, Laurel, MD 20707

Dates: October 29, 30, 2018*

Time: 7:00pm – 8:00pm

Regular Season

The regular season is where youth wrestlers are taught fundamental wrestling techniques/methods and compete against other youth wrestling programs.

Begins and ends: Monday, November 19, 2018 thru March 10, 2019

Cost: \$110.00 per child; Early \$105.00 Before October 31, after December 15: \$120.00 per child

Location: Wrestling room, Laurel High School, 8000 Cherry Ln, Laurel, MD 20707

Practice Days and Times: Monday, Wednesday and Friday, 6:00pm - 8:00pm

Equipment

For **practice**, youth will need the following:

- Wrestling shoes
- Shorts or sweat pants
- T-shirt (long or short sleeve)
- Kneepads are highly recommended. We are a program that takes many practice shots.
- Wrestling headgear is optional

For **competition**, youth will need the following:

- Wrestling singlet (we will provide)
- Headgear
- Wrestling shoes
- Sweat suit (ordered during the season)
- Kneepads