



EL DORADO HILLS WRESTLING CLUB SPRING SEASON



The El Dorado Hills Wrestling Club is designed to be a fun, positive, enthusiastic, goal oriented, atmosphere for wrestlers from 2nd grade through 12th grade. Participation will help teach young men various life long lessons such as dedication, determination, goodness, discipline, hard work, perseverance and a sense of pride. The El Dorado Hills Wrestling Club is designed to provide support for the Oak Ridge High School Wrestling Program. Participants will have the opportunity to learn techniques from beginners to elite. **No prior wrestling experience required!!** Your wrestler will train with opponents close to their own age and size. The only requirement is a strong desire to succeed and improve!!

SIGN-UPS:

Sign-ups will be Tuesday Feb. 17th and Monday Feb. 23rd at Round Table Pizza 6:00-7:00PM

PARENT MEETING:

A parent meeting will be held on Monday March 3rd at 6:00PM in the Oak Ridge High School Wrestling Room.

PRACTICES:

The first practice will be Tuesday March 10th

There will be two separate sets of practices divided by grade.

2nd-5th Graders will be practicing from 5:30-7:00PM.

6th-12th Graders will be practicing from 3:30-5:30PM.

All practices will take place in the Oak Ridge High School Wrestling Room.

The first practice will be held Tuesday March 10th.

OPPORTUNITIES FOR COMPETITION:

While competition will NOT be required of your wrestler, it is the only real means to gauge their development. As such, the members of EDHWC will have the opportunity to compete in a local wrestling league (SAWA) as well as regional and state championship tournaments. All competitions will take place on Saturdays.

Contacts:

If you have any questions or concerns, please contact:

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