

TOURNAMENTS

WOLF PACK WRESTLING SCHEDULE

- Saturday, November 19 - Caleb Williams Memorial
Maple Mountain High School, Mapleton, UT
- Saturday, December 3 - Payson Meet
Payson High School, Payson, UT
- Saturday, December 10 - Delta Duals
Delta High School, Delta, UT
- Saturday, December 17 - Westlake Meet
Westlake High School, Saratoga Springs, UT
- Friday, Jan. 6 & Saturday, Jan. 7 - Salt Lake Slam
Wasatch Events Center, Heber City, UT
- Saturday, January 14 - Syracuse Meet
Syracuse High School, Syracuse, UT
- Friday, January 27 - 4A/5A State Tournament (4th-6th Grade)
Alta High School, Sandy, UT
- Saturday, January 28 - 4A/5A State Tournament (7th-9th Grade)
Alta High School, Sandy, UT

OPTIONAL EVENTS:

- Friday, January 4 - Wasatch - Wrestle Til You Drop
Location: TBA, Heber, UT
- Friday, Jan. 20 & Saturday, Jan. 21 - Beehive Brawl
Location: TBA, Richfield, UT
- Friday, Feb. 3 & Saturday, Feb. 4 - USA Wrestling Super State
Location: TBA

WEIGHT DIVISIONS:

- 4th-6th Grades: 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 145, 145 +
- 7th-9th Grades: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 142, 150, 160, 175, 190, 210, 285

For more information, visit <http://www.silverwolveswrestling.com>



JUNIOR HIGH & MIDDLE SCHOOL

BEGINNER, INTERMEDIATE & ADVANCED



Brought to you by

**Riverton High School
Riverton Parks and Recreation**



INTRODUCTION

Wolf Pack Wrestling is dedicated to equipping its wrestlers with the necessary skills needed to be successful on and off the mat.

Wrestlers will be grouped according to age, weight and skill level to help provide a safe wrestling environment for everyone.

Members should anticipate practice and training sessions, which consist of a positive environment where junior high and middle school youth will learn both conventional and nonconventional wrestling technique through a combination of live wrestling, technique drills, conditioning and stamina training.

While Wolf Pack Wrestling will produce its share of wrestling champions, this isn't how we measure success. Success is measured through our young wrestlers who have learned to improve themselves through hard work, determination and drive. Not every wrestler will become a champion, but every wrestler will be a winner.

FREQUENTLY ASKED QUESTIONS:

Q) Is wrestling dangerous? A) Wrestling is no more dangerous (and, in fact, is less dangerous) than most sports. The number of overall shoulder, knee, and ankle injuries in wrestling is far lower than that of many higher impact sports, such as football, hockey, and even soccer, to name a few.

Q) Why should I consider wrestling? A) If you participate in other sports, wrestling gives you an opportunity to become a better skilled and fit athlete. If you do not participate in other sports because of size, speed, or other reasons, you can become a competitive wrestler. You will be matched to an opponent that is nearly the same weight as you are, thereby eliminating any physical size issues. Many young adults that could not excel in other sports have become wrestling champions.

Q) How quickly can I become a competitive wrestler? A) Because opponents are nearly the same age and weight, anyone can become a competitive wrestler in a short amount of time. Through our process you will progress from knowing little to nothing about wrestling to winning matches.

Q) What is USA Wrestling? A) USA Wrestling is the organization that currently governs freestyle wrestling and Greco-Roman Wrestling in the United States. USA Wrestling is also the official representative to the United States Olympic Committee and to the International Federation of Associated Wrestling Styles and is considered the national governing body of the sport.

GENERAL INFORMATION

Cost: \$175 includes use of singlet, practice, USA Wrestling Card, and 7 tournaments.

Dates: November 7, 2011 - January 30, 2012

Ages: 5th-8th Grades (4th graders with prior experience)

Practice: Monday, Wednesday and Fridays **Time:** 6:00-8:00 pm

Location: RHS Wrestling Room, 12476 S 2700 W

Tournaments: *See reverse side

REGISTRATION:

- Register online at: <http://recreation.rivertoncity.com>
- Register in person at:
Riverton Parks & Recreation
12830 S Redwood Road
Office Hours: Mon-Thu 8 am-6 pm, Fri. 8 am-5 pm
Phone: (801) 208-3101
- Register the first night of practice at the RHS Wrestling Room, 12476 S 2700 W.

COACHING STAFF:

Our coaches volunteer and give of their time and talents in the pursuit of promoting the sport of amateur wrestling. Most of our coaching staff holds membership in USA Wrestling - Utah and are certified to coach with a minimum of a Bronze Level Certification through USA Wrestling.

- Program Coordinator Dwayne Henry
- Head Coach Dean Ludlow
- 1st Assistant Coach Jeff French
- Assistants Boyd Hooper, Nate Stoddard, Seth Allen, Chris Bowles, Zac Petereit

For more information, please contact Program Coordinator, Dwayne Henry: dwayne_henry@silverwolveswrestling.com