



# PANTHER



## ELEMENTARY WRESTLING

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### ATTENTION

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Graders

North Central Panther Elementary Wrestling Club provides an opportunity for your child to learn quality wrestling technique in a fun environment using drilling, games, and live wrestling. All practices and matches will be supervised by adult coaches and high school wrestlers. Kids practice with other wrestlers in their own weight class, so whether **BIG** or **SMALL** there is a place for your child to learn and compete.

**REGISTRATION FEE: \$85 paid online or at first practice. You MUST register online at [www.pantherwrestlingclub.com](http://www.pantherwrestlingclub.com)**

**\$40 ISWA/USA Wrestling competitor's card MUST be purchased separately at [www.iswa.com](http://www.iswa.com) Registration includes ISWA membership, Panther Wrestling Singlet, Panther Wrestling t-shirt, and great instruction**

**Practice starts November 12th** and will be held in the Wrestling Room at North Central High School, 1801 East 86<sup>th</sup> Street. Enter through door #28 on the west side of the high school and turn left into the main gym. The North Central Wrestling Room is immediately on your left when you enter the gym. Kids should **bring** shorts, t-shirt, and tennis or wrestling shoes.

### PRACTICE TIMES AND DATES

Practice times are from 6:15 pm – 7:30 pm on the following dates (Mondays and Wednesdays):  
November 12, 14, 26, 28, December 3, 5, 10, 12, 17, 19, January 7, 9, 14, 16, 22 (Tue), 23, 28, 30, February 4, 6, 11, 13, 19 (Tue), 20, 25, 27, March 4, 6.

There will be several tournaments on Sundays beginning in December that Panther elementary wrestlers will be asked to attend with Coaches. A complete calendar will be given to families on the first day of practice and is available online.

**REGISTER ONLINE at [www.pantherwrestlingclub.com](http://www.pantherwrestlingclub.com)**

