



# Wildcat Wrestling 616



## Jenison Youth Wrestling

- DATES:** Tuesday, Nov 14th 2023 - Thursday, February 16th 2023  
(No Practice over Christmas Break - Dec 21, 26, 28, Jan 2, 4)
- WHO:** Novice (younger than 2nd grade or under 2yrs of wrestling ) - Tuesdays, 6PM - 7PM  
Experienced - Tuesdays and Thursdays, 7PM - 8PM
- WHERE:** Wrestling room across from the Pals Gym. (Hallway past the main gym on the left, all the way down at the end of the hallway.)
- COST:** Novice - \$50 per wrestler, includes t-shirt  
Experienced - \$75 per wrestler, Includes t-shirt, 22 Practices
- SIGN UPS:** **ONLINE ONLY:** <https://www.payschoolsevents.com/events/details/29309>

### Head Coach

Scott Szczepanek  
scottrszezpanek@gmail.com

**PARENT MEETING** TBA (Classroom across from wrestling room)

### MARK YOUR CALENDAR!!

January 31st - Kids Club Night at the Varsity Match

TBA - Intersquad Dual

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### WRESTLING ROOM ETIQUETTE

Our wrestling room houses all of our practices for the high school and the kids club. We will be following these rules to ensure the room stays safe for all wrestlers.

- NO outside shoes will be allowed on the mats. You may wrestle in shoes, but they may not be worn in the hallways or streets.
- Gym shorts or sweatpants may be worn. Jeans or pants that have zippers may not be worn; the wrestler will have to sit and watch the practice. No exceptions.
- Only wrestlers will be allowed in the room with the exceptions on the

# Intersquad Duals

