

Smith Mountain Lake Wrestling Club



YOUTH WRESTLING
Grades K through 5
November 2010 – March 2011

Practices

START: Monday, November 15

WHEN: First year wrestlers: Tuesdays / Thursdays

Returning wrestlers: Mondays / Thursdays

TIME: 6:00 P.M. to 8:00 P.M

WHERE: Staunton River High School wrestling room

Matches: All matches are on Saturdays. (Times will vary). List of tournaments will be provided at practice.

Tournaments are not mandatory but recommended.
While wrestling is mainly an individual sport we stress teamwork and camaraderie.

More information can be found at www.smlwrestling.com

Program Information

The Smith Mountain Lake W.C. is an incorporated 501(c)3 non-profit organization providing elementary age children with the opportunity to participate in the challenging sport of wrestling. Coaches provide basic skills and fun workouts for the beginner wrestler while providing advanced wrestling technique and high endurance conditioning to the experienced wrestler. The program is designed for all children grades K through 5th. For more information contact Derrick Barns at 540-815-4107 / derrickb@smlwrestling.com

Sign – ups

When:

Moneta –	Oct 23 9:00am - noon
Stewartsville –	Oct 23 9:00am - noon
Huddleston -	Oct 23 9:00am - noon
Body Camp -	Oct 23 9:00am – noon

How: Fill out the registration form on the back of this sheet and turn it in at recreation sign-ups. If you miss the sign up days mail this form and check to →

Sign ups will also be accepted at the first practice.

Program Cost

\$50 per wrestler

Make checks payable to:

“Smith Mountain Lake W.C.”

Fee includes AAU Card

SMLWC
1187 Parker Woods Dr.
Bedford, Va 24523

