



2019-2020 Chatfield Youth Wrestling Program

Registration opens October 1, 2019!

Visit the Chatfield Youth Sports Association webpage to register:

www.chatfieldyouthsports.org

\$30 per wrestler/\$50 family maximum

Chatfield Youth Wrestling Practice

Begins Tuesday, November 26, 2018

High School Multipurpose Room

*Chatfield youth wrestling practice begins Tuesday, November 26, 2019. Practices will be held every Tuesday and Thursday, * 5:30-6:30 pm for Pre-K to 2nd grade and 6:30-8:00 pm for 3rd-6th grade. Children should be at least 4 years old and going to kindergarten fall of 2020 to participate in wrestling. Information about individual and team tournaments will be available on the Chatfield Wrestling website (chatfieldwrestling.com).*

Register at online at www.chatfieldyouthsports.org

**Practice schedule subject to change.*

“Bring a Buddy” Wrestling Practices – Try it to see if you like it

Tuesday, November 19, 2019,

Thursday, November 21, 2019

5:30-6:30 Pre-K to 2nd grade

6:30-8:00 3rd to 6th grade

Chatfield High School Wrestling Room

All current and interested youth wrestlers are encouraged to attend “Bring a Buddy” optional wrestling practices on Tuesday, November 19 and Thursday, November 21. This will also be an opportunity for parents to ask questions about the youth wrestling program, meet the wrestling booster club members, and sign up youth wrestlers online. Bring a Buddy Nights are FREE of CHARGE.

Chatfield Wrestling Together everyone achieves more....

For important news, schedules, and additional information, visit/contact:

www.chatfieldwrestling.com

[Chatfield, MN Wrestling Facebook Page](#)

chatfieldmnwrestling@gmail.com



2019-2020

Competitive Wrestling and Strength Training Session

The competitive wrestling and strength training session is for the competitive wrestler who is looking for a competitive live wrestling experience and dedicated time for strength training in addition to the regular Tuesday and Thursday sessions. The program is for wrestlers grades 3-6. However, if space is available, experienced wrestlers younger than 3rd grade may be allowed to register under this session. Competitive wrestlers should have a strong base of experience and are ready for more intense training session. Practice will consist of 30 minutes of live wrestling, 30 minutes of structured strength training and 15 min. of discussion.

To register for the Competitive Wrestling and Strength Training Session, visit:

www.chatfieldyouthsports.org

\$25 per wrestler

Live Wrestling

Live wrestling provides access to competitive workout partners, so wrestlers can practice intense wrestling to compete at any level. Wrestlers will have the opportunity to wrestle a number of different partners as they will get anywhere from 5-10 matches per night.

Strength Training

In the strength training portion, the wrestlers will receive an introduction to resistance training, speed, and agility training. We will break these basic fitness principles down into fun interval drills, competitions and games.

Competitive Wrestling and Strength Training Session

Begins Monday, November 18, 5-6:15 p.m.

Practices held every Monday

Chatfield High School Wrestling Room

Headgear, shoes and waterbottle required

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