

SAINTS WRESTLING – 2017/18

RESPECT – UNITY – EFFORT



IESA CO-OP WRESTLING TEAM

- ❖ St. Agnes (host), Blessed Sacrament, Cathedral, Christ the King, Little Flower, St. Aloysius

Practice at SHG

Season Starts November 27th, 2017

19 Weight Classes:

65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 167, 185, 215, 275

*“Once you have wrestled,
everything else in life is
easy.”*

-Dan Gable, Olympic Gold Medalist,
World Champion and 16 time NCAA
Champion Wrestling Coach.

More Information / Questions:

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WHY WRESTLE?

- ✓ Everyone makes the team and gets a chance to wrestle!
- ✓ Build strength, agility, coordination, and conditioning!
- ✓ Improve your confidence!
- ✓ There is a weight class for all sizes, big or small.
- ✓ Compete as a team against other junior high programs in the area.
- ✓ 5th, 6th, 7th, and 8th graders will be together on ONE team!
- ✓ The skills acquired from wrestling develop better football, baseball, track, and soccer athletes!
- ✓ No more singlets! Now wear MMA shorts and compression shirt.

Copy and paste the link below into your web browser for an awesome video of the 2015 NCAA Wrestling National Championship Highlights – St. Louis

<https://www.youtube.com/watch?v=3ZjsTPdlmko>