

# LIONS AGE GROUP WRESTLING PROGRAM

**PROGRAM:** **Lions Wrestling Club** is a program for elementary and middle school students that stress the fun and fundamentals of wrestling. The program also introduces competition with other clubs and provides a training site and complete schedule for the more experienced wrestlers. The program will run from November 9, 2023, through February 22, 2024. Additional information is on our website: [www.LTHS.net/LWC](http://www.LTHS.net/LWC)

**AGES:** Kids in 2<sup>nd</sup> through 8th grade living in the LYONS TOWNSHIP SCHOOL DISTRICT.

**REGISTRATION:** **6pm to 7pm** on **Mon. 11/6, Tues. 11/7, Wed. 11/8** in the Vaughan Gym lobby of North Campus.

**IMPORTANT NOTE:** **ALL first time REGISTRANTS MUST PROVIDE A PHOTOCOPY OF THEIR BIRTH CERTIFICATE AT THE TIME OF REGISTRATION.** Go to [www.IKWF.org](http://www.IKWF.org) ,athlete membership, for the form. Hand in completed forms at registration.

**PARENT MEETING:** We will have a parent meeting on **Thurs. 11/9 at 6pm** before the first practice.

**PRACTICES:** Beginning **Thurs. 11/9 at 6pm**, practices will be in the Vaughan Gym of the North Campus of Lyons Township High School. The **Development** group will generally meet on Tues. and Thurs. nights from 6–7:30pm and the **Competition** group will meet Tues., Wed., and Thurs. from 6–7:30pm. A practice schedule and competition calendar will be passed out the first night and available on our website.

**UNIFORM:** Socks, tee shirt, elastic waist shorts, and wrestling shoes or gym shoes.

**COST:** **Development Group** is \$200, \$150 for each additional family member. This fee includes a tee shirt, shorts and IKWF, USA wrestling membership (\$50).

**Competition Group** is \$250, \$200 for each additional family member. This fee includes a tee shirt, shorts and USA membership (\$45). Checks are payable to **Lions WC**.

**COACHES:** Mark King, LT coaching staff and LT wrestlers.

**QUESTIONS:** Call Mark King at 708-935-5382