



December 11th, 2023

Dear Wrestlers and Parents,

Get ready...Youth wrestling practice is starting!!! We would like to invite anyone, Kindergarten through 6th grade, interested in wrestling to join our program. Registration is online at <https://www.alexandercometwrestling.com/> and closes the first day of practice, January 2nd, 2023.

Participant fee is \$80 per wrestler. If your wrestler does not have wrestling shoes, that's ok. They are required to at least have gym shoes for both practice & tournaments. **There are no outside shoes allowed in the gym or on the mats.** Sweatpants or shorts can be worn for practice. A singlet and wrestling shoes can be rented from the Club for the season for \$50 per item. **Singlets are to be worn at the tournaments ONLY - not at practice!** These items will need to be returned to the club at the end of the season.

Kindergarten through 2nd grade will begin practice on Thursday, January 4th. Practices for this group will be held at Alexander City Hall every Monday and Thursday from 5:30 - 6:45pm. 3rd - 6th grade will begin practice on Tuesday, January 2nd. Practices will be held Monday, Tuesday & Thursdays from 5:45 - 7:15pm at the Alexander Fire Hall (old side).

We will host a **MANDATORY** Parent meeting after practice on Thursday, January 4th at 7:15pm in the Alexander City Hall.

We have a great group of coaches returning this year, volunteering their time to help our youth learn this amazing sport. Mike Lundeen has agreed to become head coach for our youth program for the 2024 season. New to the program this year is Jace Winter, he is also Coaching at the Jr. High & High School level for APS.

There are several opportunities to attend wrestling tournaments. Wrestlers will need to have their own transportation to these tournaments. As tournament schedules become available we will be putting together a tentative schedule that coaches plan on being available at. It is your choice which tournaments your wrestler participates in. Wrestlers are NOT required to attend tournaments.

We are excited for the season to begin and are looking forward to seeing you soon!

Alexander Youth Wrestling Board & Coaches