



SPARTAN WRESTLING CLUB



It's time to Sign up for the 2023-24 season!

TRAIN THE SPARTAN WAY!

Whether you have been wrestling for years and need challenging training partners and advanced training techniques, or you are just getting acquainted with the sport, Spartan Wrestling Club has a place for you!

THREE LEVELS OF INSTRUCTION

Wrestlers will practice twice a week on a schedule that varies throughout the season due to commitments of the coaching staff. Wrestlers of all levels may also choose to compete at any of a full schedule of AAU- and USA-sanctioned events. Wrestlers may be moved between groups during the season as needed to achieve the appropriate level of instruction and/or wrestler distribution.

JR. SPARTANS: GRADES 3-8

Beginner/Intermediate

Wrestlers will learn and reinforce basic wrestling techniques and skills and learn how to apply them in match situations. Most wrestlers should expect to work out in this room for their first two to three years.

Experienced/Advanced

This level moves at a fast pace and is geared toward experienced wrestlers. Participants must have two to three years of experience, a commitment to compete in the USA series, and the recommendation of the coaching staff. Additional practices may be added during the last month of the season to prepare for the AAU and USA state series.

MINI SPARTANS: GRADES K-2

Younger wrestlers will practice at shorter sessions designed specifically for their ages and attention levels. (Sessions end at 7:15 p.m.) The Mini-Spartan season concludes with the AAU state tournament at the end of February.

Participation Requirements

Spartan Wrestling Club is a feeder program for Francis Howell Central High School's boys' and girls' wrestling programs, run by the high school coaches and other volunteers. It is open only to kids who 1) reside in the Francis Howell Central attendance area **AND** 2) will eventually attend FHC.

Practice begins Nov. 2 at FHC

Practice schedules will be handed out at registration. **The first practice for both Junior and Mini Spartans will be at 6 p.m., Thursday, Nov. 2** in the FHC wrestling room. The mandatory parent meeting will be held during the first practice at 6:30 p.m. in Room 3. Please plan to attend.

Wrestling is a very affordable sport!

Junior Spartans: \$215 plus deposit and tournament fees
Mini Spartans: \$165 plus deposit and tournament fees

We offer a \$25 discount on second and third registrations from the same immediate family.

Make checks payable to Spartan Wrestling.

Fee covers: Two weekly training sessions, cost of AAU membership card (required for practice and competition) and USA card (Jr. Spartans only), shorts, T-shirt and uniform rental. **Other equipment needed includes wrestling shoes** and optional, but recommended, headgear (required for USA competition).

A \$50 uniform deposit is also required at registration. This may be in the form of cash or a valid personal check (separate from your registration check) and will be returned to you at the end of the season when your uniform is turned in. **Deposit checks must be post dated March 1, 2024.**

Registration dates

All registration sessions will be held at Francis Howell Central in the main gym lobby.

Monday, Oct. 9 6-7:30 p.m.

Tuesday, Oct. 24 6-7:30 p.m.

You must bring a copy of your birth certificate to register if your child did not wrestle with our club last year.

For more information

Email us at spartanwrestlingclubmo@gmail.com.
Follow Spartan Wrestling Club on Facebook & Twitter.

Compete as much as you want!

We will send wrestlers and coaches to local AAU tournaments as well as both AAU and USA State Tournament series. Other opportunities for competition may also be available. Tournament fees (avg. \$20) are pay-as-you-go and are due at the time you sign up for the tournament.