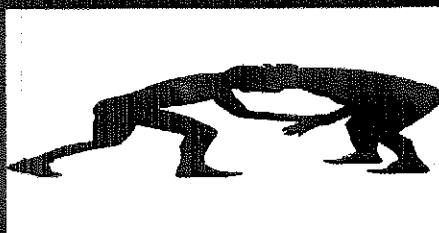
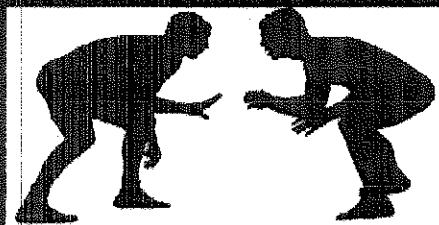


"Once you've
wrestled, everything else in
life is easy"
-Dan Gable



HENDERSON COUNTY

Elementary Wrestling

2023 season Sign-ups

K-5 BOYS & GIRLS

\$45 per wrestler
\$ 60 max per family

Sign-up date are Tuesday and Wednesday Jan 17,
18, 2023

Enter Henderson County high school through the main
entrance, otherwise known as the doors in front of the main
gym between 5pm through 7 pm. (Wrestlers need to be
present)

Wrestlers will be placed on one of four teams.
Fee covers shorts and shirts for each wrestler.
Tourney at the end of season with medals will be awarded.
Trophy for top four teams awarded.

Practice Begins January 31st 2023

Team Red and White will meet in the auxiliary gym
on Tuesdays from 6 to 7 pm

Team Black and Blue will meet in auxiliary gym on
Tuesdays and Thursdays from 7:30 to 8:30 pm

Our first match is on February 26th! Join in on the fun now
You can contact me with any questions or concerns:
Coach Dezember @ 812-598-0096

Or

Coach Pointer @ 270-454-9276



Reasons Why Kids Should Wrestle

1. Anyone Can Do It- You are grouped by age and weight, so it doesn't matter if you are small, tall, big, or short. Every size and shape can be successful.

2. Everyone Gets To Participate- Unlike team sports like football, basketball and baseball, there is no riding the bench. No politics or favorites. Every wrestler has a chance to participate and compete.

3. Real Confidence Is Built- Confidence is built through accomplishing hard things. Praise is fine, but only lasts for so long. When you master a skill, score with moves you've been practicing or win a match over a tough opponent, it's because of the work you put in.

4. Incredible Conditioning- Wrestling uses every part of your body and is one of the toughest Sports to train and compete in. Kids build core strength and great cardio. You will be in great shape.

5. Personal Accountability- When you win, it's because you did it and no one else takes credit, no one else to blame.

6. How To Perform- Any given tournament a wrestler may have 2- 5 matches or even more depending on the format. A season could be 50 matches. Mental preparations for matches, learning how to stay under pressure and dealing with the feelings of anxiousness and nervousness over and over again.

7. Persistence- Some kids find success early, but many will lose more than they win early on. In fact, many of the greatest wrestlers started out losing most of their matches the first few seasons. It can take a couple of years, if not more, before it finally clicks, but when it does it's one of the greatest moments to observe. The light comes on, and they're confidence starts growing and they start beating opponents, who they've lost to several times. This is when they truly become a wrestler.

8. How To Handle Adversity- In every match, someone will win, and someone will lose. Losing in a team sport is disappointing, but it's different when it's only you and wrestling you. learn how to lose gracefully and more importantly how to quickly put it behind you and work hard to improve for the next match defeat is part of the learning progress