

# Oak Harbor Wrestling

## “A TRADITION OF EXCELLENCE”

Your student has shown an interest in the Oak Harbor "Biddy Wrestling Program". We believe the exposure to the fundamentals, skills, and techniques at this level have had a major contribution to the strong "Rocket" Wrestling tradition here at Oak Harbor.

Sign-ups will be on **TUESDAY, NOV 7, 2017** and include a Parent/Wrestler meeting in the OHHS (Oak Harbor High School) Wrestling room at 6:00 pm. This meeting will be with Coach Chris Detray and he will explain his expectations of both wrestlers and parents for the upcoming wrestling season.

Practices start on **MONDAY, NOV. 13, 2017 at both practice locations !**

**WHO:** Any 1st through 6<sup>th</sup> grade student who wants to learn and improve to be an Oak Harbor Wrestler.

**WHEN/WHERE:** 1<sup>st</sup> - 3<sup>rd</sup> grade 5:30-6:15 pm- MON ,TUES & THURS.at OHHS (high school) wrestling room

4<sup>th</sup> through 6<sup>th</sup> grade 3:00 -4:00 pm- MON & WED at OHMS (middle school) wrestling room & Thursday 6:30 – 7:30 pm at OHHS Wrestling Room.

**COST:** \$50.00 per individual (\$40.00 each sibling thereafter) Cost includes: 3 practice sessions per week & team T-shirt. **Please make checks payable to: Oak Harbor Amateur Wrestling Club**

**ATTENTION PARENTS!!!!!! Completed forms & entry fees are to be turned in ONLY on TUES NOV.7, 2017!**

For any questions please contact OH Wrestling Head Biddy Coach CHRIS DETRAY at 419-707-0285 cell –or- George Bergman at 419-707-2626 cell (before 9 pm).

Please follow us on FACEBOOK at OAK HARBOR AMATEUR WRESTLING CLUB or visit our website at: [www.oakharboramateurwrestling.com](http://www.oakharboramateurwrestling.com)

EVERY EFFORT will be made to match wrestlers of the same age, weight and experience. We encourage wrestlers to bring a friend who best matches their level to insure proper pairings in practice and “live” wrestling.

OH Biddy WRESTLING SEASON SCHEDULES will be handed out during sign-ups.

INCENTIVES will be discussed at the Wrestler/Parent Meeting following sign-ups on NOV 7<sup>th</sup>, 2017.

PRACTICE ATTIRE will be shirt, shorts, and, or tight fitting sweat pants/leggings, wrestling shoes (no street shoes) head gear is encouraged.

ALL PARENTS (especially 1<sup>st</sup> -3<sup>rd</sup> grade) are encouraged to watch and support their wrestler during practices.

YOUTH TOURNAMENT flyers will be posted in the OHHS wrestling room for those wrestlers who wish to participate.

YOUTH TOURNAMENT entry fees ARE NOT included in the OH Biddy Wrestling Program costs