

Wahoo Wrestling Club

Calling all athletes from Pre-K to 8th grade!



Join the Wahoo Wrestling Club and

- Learn the art of wrestling from experienced coaches
- Build strength, agility, and teamwork skills
- Develop character on and off the mat
- Compete in optional wrestling tournaments all over eastern Nebraska
- Make lifelong friends and have a blast!

Who can join the club?

- The club is open for all Pre-K through 8th grade boys and girls regardless of school affiliation. To help the growth of each athlete, Wahoo Wrestling Club is 1 team, split between 4 groups:
- Because of our growing club numbers, our GROUPS have changed this year to give each age group the best opportunity for growth, development, and coach's attention during practice.

GROUP	AGE	COST	DATES/ TIMES/ LOCATION
WHITE GROUP	PreK - 2nd grade and beginners	\$50 per wrestler	Dec. 2nd through our Home Tournament set for Feb. 2nd, 2025. - Mondays: 6:00-6:45 pm (Shoes on and ready to go by 6:00) - Wrestling Room at the High School
BLUE GROUP	1st-2nd grade competitive	\$70 per wrestler	Nov. 11th through USA State in March - Mon. & Wed: 6:45-8:00 pm - Wrestling Room at the High School
GOLD GROUP	3-8 grade	\$70 per wrestler	Nov. 12th through USA State in March - Tues. & Thurs: 6:30- 8:00 pm - Wrestling Room at the High School
GIRLS GROUP	PreK-2nd =====	\$50 per wrestler =====	Dec. 3rd through USA State in March - Tues. & Thurs: 6:00- 6:45 pm - Elementary Cafeteria =====
	3rd-8th	\$50 per wrestler	Nov. 19th through USA State in March - Tues. & Thurs: 6:00- 7:30 pm - Elementary Cafeteria

How do I register my wrestler?

- Registrations are all online this year. Follow the QR code or visit the website to sign up.

PARENTS! Come to INFORMATION NIGHT:

- Parents are encouraged to join us for an Information Night on **October 29th at 6:30 p.m. in the Elementary school lunchroom** to learn what to expect for the upcoming season, meet the coaches, and have an opportunity to ask questions.
- **Please bring a \$50 check for a volunteer deposit.** This will be shredded after you fulfill a volunteer position at our home meet.
- **Please bring a \$100 check for a singlet deposit.** This is an increase from past years but we have had several not turned in so we needed to make a change. Deposit checks will be returned or shredded when the singlet is returned at the end of the season.
- **Make 2 separate checks payable to Wahoo Youth Sports - Wrestling**

OVER >>>

Wahoo Wrestling Club

Common questions and answers



Do I need to purchase special equipment?

- Singlets will be given to your wrestler on picture night.
- A \$100 deposit check is required for a singlet.
- Deposit checks will be returned or shredded when the singlet is returned at the end of the season.
- We have a wrestling shoe exchange program. The Shoe Box will be available at the parent's information night, and also on Gear Check-out night the same night as club pictures. (Nov. 25th)
- Headgear is optional.

Dates to get into your calendars!

- October 29th : Parent information night.
- November 25th : Gear Check Out / Picture Night (No practice this night)
- January 18th : Kids night in/ Parents night out
- February 2nd : Wahoo home wrestling meet. Plan to help with the tournament.

How do we communicate?

- Sign up for our **Remind** updates
 - For White Season, text **@wwcwhite** to 81010.
 - For Blue Season, text **@wwcblue** to 81010.
 - For Gold Season, text **@wwcgold** to 81010.
 - For Girls Season, text **@wwcgirl** to 81010.
- Contact Molly Nicola at (402) 419-6565 or wahoowrestlingclub@gmail.com.
- Or visit our website at www.wahookidswrestling.com
- Join us on Facebook at Wahoo Kids Wrestling Club

Practices

We realize that most sports clubs make an effort to avoid Wednesday evening practices to allow an open evening for family time and possible church organization groups. We took this into strong consideration when working out practice times. With our club's growth in number and involvement along with limited space, we needed to expand into an additional night of the week to host a practice for the kids who want to be competitive throughout the season. Wednesday evening worked best for our volunteer coaching staff purposes. If you have other priorities any night of the week, please know that all of us on the wrestling board and the coaching staff completely understand and we also support you in those other aspects of your lives. Please don't feel bad about having to miss a practice for another obligation. There may be a possibility of an optional Friday evening Open Mat that will be used as a time to get in extra practice and be prepped for the weekend. Stay tuned throughout the season for information on Friday Open Mat time.

Interested in helping coach?

- Contact Paul Sutton at (402) 957-3815
- or check out the coaching section of our website.

For all information, please visit www.wahookidswrestling.com
Scan the QR code to follow the link right to our website.