



FREESTYLE WRESTLING

1st – 12th Grade

Freestyle Goals:

- ◆ *Have fun learning the sport of wrestling!*
- ◆ Learn freestyle wrestling.
- ◆ Olympic & International style of wrestling.
- ◆ Advanced techniques for those ready!
- ◆ Provide a great learning environment!
- ◆ Have a variety of good workout partners.

Start Your Freestyle Wrestling Career!

Thunderbolts will include:

- ◆ **Great coaching staff!**
- ◆ Practices divided by age and ability.
- ◆ Boys/Girls & *Beginners/Advanced welcome.*
- ◆ **Free Thunderbolts T-Shirt.**
- ◆ Participation in MN/USA tournaments.
- ◆ **Freestyle Tournament @ Eastview.**
- ◆ Organized activities & games.

Thunderbolts Tourney is April 9th!
MN/USA State is April 30 - May 1st

Kids, Cadets, Juniors, Girls

MN/USA WRESTLING

Sign-Ups: On/before March 15th 6-8:00pm

Registration Link - <https://rebrand.ly/Thunderbolts>

Registration Fee due at the first practice.

Who: Wrestlers in Grades 1st-12th

1st Practice: Tuesday, March 15th

1st – 5th 6:15-7:15 pm

6th – 12th 6:15-7:45 pm

Dates: Practices March – April

Tuesdays & Thursdays

Optional Tournaments on Saturdays

Place: Eastview High School

Enter Lower South West Doors #2

Cost: \$65 (1st – 5th) \$75 (6th – 12th)

MN/USA Card & Tourney Fee's Extra

<https://www.usawmembership.com/login>

Sign-up early and pay at your first practice.

Make checks payable to Thunderbolts Wrestling.

Volunteer: (4) hours @ Thunderbolts

Tourney on April 9th. Or, buyout is \$30.

Questions: Travis Lee

(E-Mail) travis.lee@district196.org

SIGN-UP TODAY!

2022 THUNDERBOLTS STAFF INCLUDES...

Justin Smith

2X NCAA Champion
MN/USA National Team
MN State Place Winner
High School Head Coach

Volunteer Coaches

Justin Kipp
Chuck Hartwig