



OBJECTIVE: Training Dublin Coffman's *future* champions in wrestling!

WHO: Kindergarten thru 6th grade. All ages, sizes, and experience levels (beginners included)
For any 5th/6th grader, this is the ideal time to start before junior high wrestling!

WHERE: Dublin Coffman Wrestling Room (facility attached to Coffman football stadium)

COACHING STAFF : Coffman H.S. staff and longtime Youth Coach Bill Lawrensen. Don't miss this opportunity to be trained by knowledgeable and passionate people. Come and be a part of one of Ohio's premiere programs!

SIGN-UPS: **Wednesday November 5th** and **Thursday November 6th** from 6:00-7:00 pm in the Coffman wrestling room (located in the athletic facility by the football stadium). If you can not make registration @ Coffman, please mail information and fee to: Bill Lawrensen, 6057 Dublinshire Drive Dublin, Oh 43017 (postmarked by Nov. 6th).

LITTLE ROCKS GOALS- The club's goals are to teach the basic fundamentals of wrestling, listening skills, and perseverance. All are important in the quest to be successful. The team will compete in a few scrimmages to test their skills. **There will also be optional open tournaments to attend.** We will share that information as the season progresses. There will be a total of 26 practices that will focus on technique, situational "live" wrestling, and conditioning. The team practices twice a week (typically Wednesday and Thursdays from 6:00-7:30 pm). The total cost is \$125.00 The fee includes instruction from the high school and youth coaching staff, room rental, t-shirt, and free entrance to a home Coffman H.S. wrestling dual on January 8th against conference rival Olentangy Liberty!

PRACTICE STARTS: November 12th at 6:00 pm

****Make all checks payable to:" Dublin Wrestling Club"**

****We have scholarships available for families going through financial hardships. We also have a \$50 sibling discount. For more information, contact Coach Van Gundy @ chancevangundy@gmail.com or (614) 264-1690 or Bill Lawrensen @ (614) 282-4705**

