



Intramural Wrestling

The Kelloggsville Intramural Wrestling Program will introduce the young wrestlers to the basics of takedowns, escapes, reversals, and pinning combinations. Through this three-week program, the wrestlers will learn these skills through drills and competition, with the emphasis on learning, while having fun. The Kelloggsville high school and middle school coaching staff will be providing this instruction.

Who: *Kindergarten – 5th Graders*

When: *Every Monday and Wednesday beginning
March 12, 2018 through March 28, 2018.*

***Mini-Meet will be held on Wednesday,
March 28th, 6pm @ the High School.*

Where: *Sessions will be held at the Kelloggsville High
School Wrestling Room*

What Time: *6:00 pm – 7:30 pm*
**Grades will be split into (2) groups during
practice (K-2nd & 3rd-5th)**

What to Bring: *Tennis Shoes, Shorts, and T-shirt.*

How Much: *Free of charge!*