

AQUINAS BLUGOLD



YOUTH WRESTLING SUMMER CLINIC

20

WRESTLERS
PER SESSION

**JUNE/JULY
2025**

TUESDAYS OR
THURSDAYS
8:00AM-9:00AM

\$25

PER
WRESTLER

ALL SESSIONS WILL BE HELD AT

AQUINAS WRESTLING FACILITY

1501 ST. ANDREWS STREET

-NEXT TO THREE RIVERS PERFORMANCE-

BOYS & GIRLS

**K-2ND
GRADE***

TUESDAYS

6/3 - 7/29
8:00AM - 9:00AM
-NO PRACTICE 7/1-



COACHES

AHS HEAD COACH:
DEKE STANEK

K-2ND COACH:
KEVIN SCHAMS



TO REGISTER, SCAN
QR CODE BELOW:



BOYS & GIRLS

**3RD-6TH
GRADE***

THURSDAYS

6/5 - 7/31
8:00AM - 9:00AM
-NO PRACTICE 7/3-



COACHES

AHS HEAD COACH:
DEKE STANEK

CURRENT AHS
WRESTLERS

*REGISTER FOR GRADE ENTERING IN FALL 2025



WHAT TO EXPECT?

- WE WILL INTRODUCE THE SPORT OF WRESTLING IN A RELAXED AND WELCOMING ENVIRONMENT
- OUR PRIMARY GOAL IS FOR THE KIDS TO HAVE FUN AND LEARN FUNDAMENTALS
- EMPHASIS WILL BE PLACED ON DRILLS, GAMES AND ACTIVITIES THAT PROMOTE BODY AWARENESS AND ATHLETIC MOVEMENT
- A SMALL AMOUNT OF TECHNIQUE WILL BE SHOWN AND PRACTICED

WHY AQUINAS WRESTLING?

- WE STRIVE TO BUILD CHARACTER AND RESILIENCY IN YOUNG KIDS THROUGH THE SPORT OF WRESTLING
- WE FOCUS ON FUN AND FUNDAMENTALS WITHOUT THE PRESSURE TO COMPETE
- WE CATER TO FAMILIES WITH LOW TIME AND FINANCIAL COMMITMENT



WHAT TO BRING?

- WRESTLERS SHOULD WEAR SHORTS, T-SHIRTS AND SOCKS
- NO NEED FOR HEAD GEAR OR WRESTLING SHOES, BUT WRESTLERS MAY WEAR THEM IF THEY CHOOSE
- BRING A WATER BOTTLE
- WRESTLERS WILL RECEIVE A FREE T-SHIRT!



"MY FAVORITE THING WAS PLAYING GAMES AND WRESTLING WITH MY FRIENDS"

**-ASHER,
2ND GRADE**



"I LIKED LEARNING WRESTLING AND PLAYING WITH MY FRIENDS"

**-OTTO,
5 YEARS OLD**

