

# Eastside Cougars Junior Wrestling

## WHERE CHAMPIONS ARE MADE



### SIGN UPS:

November 1 & 8

6:00—7:30 pm

FHS Wrestling Room

FIRST PRACTICE - NOVEMBER 8



### OUR CLUB

*Who are the Eastside Cougars?*

We are a youth wrestling club, open to all k-8<sup>th</sup> graders who want to have a great time learning and competing in an awesome sport! We compete in collegiate, or "folk-style" wrestling against other wrestling clubs and school league teams in "dual meets" and participate in several tournaments from December until March. Eastside has been "building the foundation" for 18 years. Many of our former wrestlers have gone on to become wrestling champions.

### PRACTICES:

MONDAY, TUESDAY and THURSDAY evenings in the FHS wrestling room from 6:00 until 7:30.

### DUAL MEETS:

Dual meets are held on Thursdays at 5:30 pm and last about two hours.

### TOURNAMENTS:

Eastside competes in several local and out-of-town tournaments. Tournaments are all day affairs and require an entry fee, usually around \$8-\$10 per wrestler.

### COST AND OTHER INFO:

The cost to join the club is \$65 per wrestler.

Equipment:

Headgear – approximately \$20.00

Singlet – approximately \$25.00 (club will supply)

Wrestling shoes – approximately \$30-\$50

\*You will not need any of the equipment to begin, just a pair of sneakers, shorts, and a t-shirt. (No jeans or street shoes allowed.)

For more information please contact:

Jim Gallegos 945-9404  Kansas Simonis 472-1082

