

FISHERS-HSE YOUTH WRESTLING INFORMATION SHEET

The HSE-Fishers Beginners Wrestling Club is excited to offer kindergarten through 4th graders an opportunity to learn about and participate in wrestling. Our focus will be on physical fitness, fun, sportsmanship, fundamental wrestling techniques, and preparation for friendly, low-pressure competitions. The wrestling meets will include friendship duals with other local wrestling clubs during normal practice times along with optional weekend beginner tournaments at nearby schools. Wrestlers who develop quickly will also have the option to compete in open and state tournaments ran by the Indiana State Wrestling Association. This will be a great introduction to the sport. A full meet schedule will be available at the club website prior to the season.

WHO

The focus of the beginners wrestling club will be for wrestlers with 0-2 years of wrestling experience. Wrestlers with more than 2 years of experience should contact your high school's coach to find out about the intermediate club that is available. 5th and 6th graders should also contact you high school's coach to find out about your options.

WHEN

Registration will be open from October 17th – November 22nd.

Beginners practices and meets will be two nights per week from December 5th – February 16th. The practice calendar will be available at www.stadiumroar.com/FishersHSEYouthWrestling.

WHERE

Wrestlers will be assigned to either HSE HS or Fishers HS, and all practices will be held in that high school's wrestling room. Practices will be led by high school coaches, high school wrestlers, and parent volunteers.

COST

1 Child	\$100
2+ Children	\$150

Cost includes club t-shirt, participation in weeknight friendship duals, USAW practice card, and secondary sports accident insurance.

ADDITIONAL COSTS

Wrestlers will be responsible for all travel plus the entry fees for the optional weekend tournaments. Those entry fees are usually around \$10 each. Also, upgrading to a USAW competitor's card is a one time fee of \$15.

Singlets, headgear, and mouthpiece are only required if you participate in the optional weekend tournaments. Wrestlers are encouraged to wear headgear and mouthpiece during practices, too.

Wrestling shoes are optional. New wrestlers can, instead, wear an old pair of tennis shoes that have been cleaned and are only used for wrestling.

PARENTAL VOLUNTEERING

All practices will be led by high school coaches and wrestlers, but any parents with wrestling experience are encouraged to volunteer to help supervise and correct technique during practices.

Parents can also volunteer to help put together practice groups, sign-up wrestlers for the optional weekend tournaments, and help organize the friendship duals.

USAW AGE GROUPS AND WEIGHT CLASSES

PEE-WEE Born 2006-2007

35, 40, 45, 50, 55, 65, 75, 85 (10 lbs maximum difference)

BANTAM Born 2004-2005

40, 45, 50, 55, 60, 65, 70, 75, 90, 105, 120 (15 lbs max difference)

INTERMEDIATE Born 2002-2003

50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 140, 160, 180 (20 lbs max difference)

NOVICE Born 2000-2001

60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 165, 190, 215 (25 lbs max difference)

ADDITIONAL INFORMATION

Available at www.stadiumroar.com/FishersHSEYouthWrestling or by contacting the head coach of either high school.

Fishers High School
Jake Harreld
jharreld@hse.k12.in.us

HSE High School
Greg Gastineau
ggastineau@hse.k12.in.us

Information about weekend wrestling tournaments is available at the Indiana State Wrestling Association website – www.iswa.com.