

The Nittany Lion Wrestling Club

presents

Elementary Wrestling (for grades 1st-6th)

General Information

The Nittany Lion Wrestling Club (NLWC) conducted its first elementary practices last winter, and the program was a complete success. The NLWC hopes to build upon that success and is once again conducting an **Elementary Wrestling Program**.

This program will provide elementary children in grades 1st through 6th an opportunity to participate in wrestling practice. Both new and experienced elementary wrestlers are welcome to attend. A mixture of basic skills, more advanced wrestling techniques, live wrestling, wrestling/balance focused games, and some conditioning will be provided. The practices will not be intense workouts in an atmosphere where coaches are yelling and pushing the young wrestlers. Although the practices will be structured with a definite emphasis placed upon improving wrestling skills, the practices will also be expected to be fun, and some games will be played. It is wrestling, and it is never totally easy. However, we will work very hard to make it positive experience for the young wrestlers, both new and experienced. **They can have some fun and become better wrestlers at the same time!**

**Note: Parents of children 6 and under should plan on staying in the wrestling room during the sessions. In order to participate in the program, children must be able to listen and follow directions.*

When

Elementary Wrestling Program Wednesday evenings from 6:00pm-7:15pm
8 Practices starting December 7 and ending on January 25

Where

The Penn State Wrestling Room in Rec Hall on the PSU Campus.

*Parking will be available across Atherton St. in the parking lot off of White Course Drive.

Registration

Registration will take place on Dec. 7 from 5:30pm-6:00pm. Registration forms will be available at the door but completing and bringing the registration form with you will save time. Blank registration forms can be printed from our website:

www.nittanylionwrestling.com. Individuals who cannot make the first practice will be able to register when they arrive for later practices. They will just need to arrive early to complete the registration form.

Cost

Individual

The individual cost for the program will be \$25. Checks should be made out to the Nittany Lion Wrestling Club. Please plan on paying at the door on the first evening you attend. If you elect to pay per practice, the cost will be \$5 for each practice.

Team

Some school districts already have team memberships for all of the NLWC sessions, and their booster clubs cover the cost for elementary wrestlers from those districts. Thus, there is no individual cost for wrestlers from the following school districts:

<i>Altoona</i>	<i>Bellefonte</i>	<i>Chestnut Ridge</i>	<i>Clearfield</i>	<i>Huntingdon</i>	<i>Junita Valley</i>	<i>Mifflin County</i>
<i>Penns Valley</i>	<i>Philipsburg-Osceola</i>	<i>Southern Huntingdon</i>	<i>State College</i>	<i>Tyrone</i>	<i>West Branch</i>	

If you are interested in a team membership for your school district, please contact Dave Hart.

Staff

The program will be conducted by the Nittany Lion Wrestling Club coaches and staff. All of these coaches have extensive experience working with young wrestlers in camp and practice settings and will provide excellent guidance for children attending this program.

Questions/More Information

Please contact Dave Hart at davehart3@verizon.net or Mark McKnight at markmcknight125@gmail.com. Information on the Nittany Lion Wrestling Club and its programs is also available at www.nittanylionwrestling.com.