

APEX SPORTS AUTHORITY YOUTH WRESTLING 2009 – 2010



GRADES: K – 8TH

K-5TH GRADE PRACTICE: TUESDAY & THURSDAY

6TH-8TH PRACTICE: MONDAY, TUESDAY, THURSDAY

HEAD COACH: ROBERT MONTOYA

K - 5TH GRADE: 5:30 – 6:45P.M. 6TH - 8TH GRADES: 6:45 – 8:45P.M.

COST: K - 5TH \$175 6TH-8TH \$200

SEASON: NOVEMBER – FEBRUARY

LOCATION: 11300 PENNY RD CARY NC (WRESTLING GYM: 11301-A PENNY RD)

PARENTS MEETING: LATE OCTOBER DATE TBD

WRESTLING IS THE GREATEST AND MOST ANCIENT OF ALL SPORTS, DATING BACK TO THE 5TH CENTURY BC. IT IS A CONTACT SPORT IN WHICH ONE CONTESTANT COMPETES WITH ANOTHER USING VARIOUS HOLDS AND TECHNIQUES IN AN ATTEMPT TO FORCE THE SHOULDERS OF THE OPPONENT AGAINST A MAT, THUS SCORING A FALL AND WINNING THE MATCH. IF A WRESTLER CANNOT SCORE A FALL WITHIN THE TIME LIMIT, A WINNER IS DETERMINED BASED ON A POINT-SCORING SYSTEM.

REGISTRATION

CONTACT CARRA AT WRESTLING@APEXSPORTSAUTHORITY.COM 387-9436

REQUIREMENTS

***PHYSICAL IN 2009**

***WRESTLING HEAD GEAR (NOT INCLUDED)**

***WRESTLING SHOES (NOT INCLUDED)**

***WRESTLERS WITH BRACES (MOUTH-GUARD)**

***ASA WRESTLING CLUB SINGLET (WILL SIZE AND ORDER AS A CLUB)**
