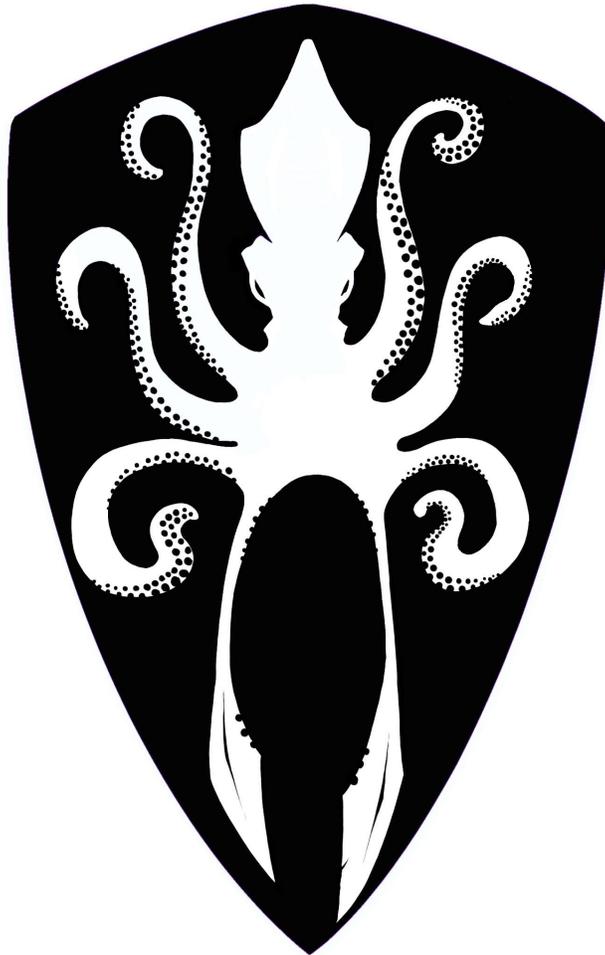


OAK HARBOR WRESTLING CLUB

**Folk Style Season starts Oct. 18th,
ENROLLMENT UNTIL Nov. 18th**



@ OAK HARBOR HIGH SCHOOL MAT ROOM

Check us out and Register Online NOW!!!

Oakharborwrestlingclub.com

OAK HARBOR WRESTLING CLUB

“This event/activity is NOT sponsored by the school district and the district assumes no responsibility for the conduct/safety of the event/activity. The district does not sponsor/guarantee any of the information in these materials. Parents/guardians must review the information and decide on its appropriateness for their family as an individual decision.”

FOLK STYLE WRESTLING INFO

What: An October - January season teaching and competing in the foundational skills of Folk Style or Collegiate Wrestling.

Where: Practice is in the OHHS MatRoom adjacent to the tennis courts.

When: Starts Oct. 18th through January MON. TUE. WED. 6:00-7:30

We will hold 2 Practices a Week for each age group. Practices will focus on Top Bottom and Neutral position wrestling, covering both leg and upper body attacks, counters, rules, and positions pertaining to Folkstyle Competitions.

How: We have experienced Coaches running each and every practice. We will have volunteers that have wrestled successfully in college and in the Armed Services. Our focus will be on developing quality wrestlers with solid fundamental techniques. We make sure students have fun and that the long game is in mind with how we teach respectful interactions and good sportsmanship.

Why: Wrestling is the toughest sport school athletes can do. It's also the most intelligent. What can look like pushing and shoving is really hundreds if not thousands of positional moves and counter moves. When given an opportunity to develop those skills in a club program with more mat time and technique, students develop confidence in 3-dimensional and explosive movements. This can be a huge advantage in any sport, not to mention advantageous preparation for school season wrestling.

REGISTERING: Register now online at ohwrestlingclub.com

COST: 75.00 for OHWC membership 35.00 Highschool Season Prep Special

QUESTIONS?: Contact Coach Esvelt: ohwrestlingclub@gmail.com