



NOQUALMIE VALLEY WRESTLING CLUB

Folk-Style Season

The Folk-Style Season consists of 60-90 minute long practice sessions 2-3 times a week and could go longer. Practice times could vary depending on how many kids are registered for each group. Kids will practice against kids their same age, weight class, or ability level. In addition, wrestlers will have the opportunity to enter into U.S.A. Tournaments on selected weekends. Participants will need to pay their own entry fee for these tournaments which are generally \$15-25 per event. Our coaches reserve the right to move kids accordingly that best fits their ability level. Equipment needed for participation includes wrestling shoes, headgear, and a singlet. SVWC has a limited supply of headgear and singlets, availability is on a first come first serve basis!!!



<u>AGES</u>	<u>DAYS/TIMES</u>	<u>DATES</u>	<u>FEE</u>
4-6 (Beginner)	Tues & Thurs 6pm-7:15pm	Nov 6-Jan 24	\$120
6-14 (Novice)	Tues, Wed & Thurs 6pm-7:30pm	Nov 6-Feb 14	\$150

LOCATION: *Twin Falls Middle School or Chief Kanim Middle School

*Gym locations, dates, and times will be subject to change. Coaches reserve the right to adjust practice times and days based on numbers for each group.

Wrestlers must obtain their own USA Wrestling Card. In addition participants will have to pay for their entry fee for any USA sanctioned tournaments that they choose to compete in.

Snoqualmie Valley School District neither sponsors nor endorses this event and the School District assumes no responsibility.



For more information contact Aaron Colby at
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