

WEST PARK CATHOLIC WRESTLING ASSOCIATION

ALL STARS GRADES K – 4

PROGRAM DESCRIPTION

Wrestling involves technique in an effort to control your opponent. Not the silliness associated with “professional entertainment WRESTLING” or the violence of “UFC/MMA”.

Our all-star wrestlers learn the fundamentals of wrestling in a fun, controlled environment at a pace that is comfortable for them.

Our experienced staff understands the special needs and safety issues associated with coaching young beginners. Practice is held separate from older wrestlers and the focus is put on FUN, sportsmanship, teamwork, and wrestling fundamentals.

All-stars wrestle weekly dual meets and finish the season with an all-star tournament. During the weekly meets, each wrestler will be paired with an opposing team member based on experience level, weight, and age to ensure a safe, fair, and competitive match.

PRACTICE

Tuesdays 6:00pm – 7:30pm and Thursday 5:30pm to 6:30pm

@ St. Mark's Social Hall

First Practice: Tues. Nov. 1, 6:00pm @ St Mark's

DUAL MEETS

Sundays 1:30 or 3:30 at Lutheran West High School
Early December thru January
(Matches are optional, but encouraged)

COST

\$45 per wrestler includes: T-shirt and team uniform. Each wrestler will be required to supply a headgear and wrestling shoes.

OHIO YOUTH LEAGUE GRADES 5 – 6

PROGRAM DESCRIPTION

Open to all experience levels, our 5th, and 6th graders will wrestle in the Ohio Youth League.

The varsity team will wrestle in the weekly dual meet matches that culminate in the Sectional, District, and State Tournaments.

All non-varsity wrestlers will wrestle weekly dual meets and finish the season with an all-star tournament. During the weekly meets, each wrestler will be paired with an opposing team member based on experience level, weight, and age to ensure a safe, fair, and competitive match. All matches are in the control of a certified referee.

Wrestlers will also have opportunities to participate in various tournaments in the Cleveland area. More experienced wrestlers are encouraged to wrestle with the CYO Team on Sundays.

PRACTICE

Mondays 6:00pm – 8:00pm @ St. Mark's Social Hall

Wednesday's 6:00pm – 8:00pm @ Fogarty Hall

Thursday 6:00pm – 8:00pm @ St. Mark's Social Hall

(More experienced wrestlers may be asked to attend the Thursday practice at local Catholic high schools)

First Practice: Tues. Nov. 1, 6:00pm @ St Mark's

DUAL MEETS

Sundays 1:30 or 3:30 at Lutheran West High School
Early December thru January

COST

\$75 per wrestler includes: Practice wear and team uniform. Each wrestler will be required to supply a headgear and wrestling shoes.

CYO TEAM W.P.C.A. - ST. MARK- O.L.A.-L.C.A. GRADES 5 – 8

PROGRAM DESCRIPTION

Our CYO Team comprises wrestlers from four schools located in the West Park Area. The team wrestles in the Cleveland Diocesan Wrestling League. Dual meets are held at various catholic elementary schools in the Greater Cleveland Area. Wrestlers compete in weekly dual meets that culminate in the CYO City Championships.

Wrestlers are also afforded the opportunity to wrestle in various tournaments in Northeast Ohio, and are encouraged to continue wrestling post CYO season to Qualify for the Grade School & Junior High State Championships – Practices will continue beyond the CYO season as needed.

PRACTICE

Mondays 6:00pm – 8:00pm @ St. Mark's Social Hall

Wednesday's 6:00pm – 8:00pm @ Fogarty Hall

Thursdays we will attend a practice hosted by one of the local Catholic High Schools.

Fridays: optional conditioning practice @ Fogarty Hall.

First Practice: Tues. Nov. 1, 6:00pm @ St Mark's

DUAL MEETS

Sunday Afternoons from early December thru Mid-February.

COST

\$75 per wrestler includes: Practice wear and team uniform. Each wrestler will be required to supply a headgear and wrestling shoes.

HOME PARISH ATHLETIC ASSOCIATION/BOOSTER CLUB FEES ARE NOT INCLUDED IN THE ABOVE COST

Register through your School's Athletic Association or attend our sign-up meeting October 18, St. Mark Social Hall 6-8 PM
If you need additional information please contact Ray Krankowski @ 216.509.3536 rkrankowski@midconconstruction.com
Or John Vertal @ 216.265.0609 thevertals@gmail.com or check our website: www.wpcwrestling.org