

# **New Albany Youth Wrestling Team**

SIGN UP ONLINE TODAY @

New Albany Parks and Recreation Website

<https://www.naparks.org/>

Our goal is to introduce students to the sport of wrestling. We teach the basic techniques of Folk Style Wrestling (High School Wrestling). In addition, we compete in the Russ Helickson Central Ohio Youth Wrestling League. The core value of our team, as well as the league is to get novice wrestlers the opportunity to compete with athletes at the same level (0-3 years of experience).

**Practices** (Begins 11/19/18)

**Grades 3-6:** Monday's and Wednesday's after school until 5:15PM  
(Intermediate Gym Shelf)

**Grades PreK-2:** Monday's and Wednesday 6:15PM-7:45PM  
(High School Wrestling Room)

**Tournament Dates (Locations TBA)**

1/6/2019

1/13/2019

1/20/2019

1/27/2019

2/10/2019

**Dual Matches at New Albany**

12/12/2018

1/24/2018

## **GO EAGLES!**