






## Youth Wrestling


### Work Hard


The wrestling season is about to start. CAC Youth Wrestling provides an opportunity for kids of all skill levels to try the sport of wrestling.


 Where: CAC HS Wrestling Room located at #1 Windsong Dr., North Little Rock, AR 72113 in the back in the basement of the Science Building. Wrestling room is accessible through the parking lot by the baseball fields.


 When: Practices are tentatively scheduled for Tuesdays & Thursdays from 6 pm to 7:15 pm. Tournaments are held on Saturdays. Practices start December 1 with the season ending on March 10, 2012 with the State Tournament.

 Who: Boys and Girls Kindergarten through 6<sup>th</sup> grade, CAC and non-CAC students welcome.

 Cost: No cost to join the CAC Wrestling Club. \$26 annual USA Membership fee to enter tournaments.

 New Parent Orientation will be held November 29 from 6-6:30 pm in the CAC HS Wrestling Room.

 Extra Items: Singlet, wrestling shoes, and head gear may be worn. Otherwise, wear a t-shirt, elastic shorts, and socks. Please bring a water bottle with your name on it to every practice.

 Come have some fun learning a new sport!

### Set Goals

Our wrestling program is carefully designed so that the wrestlers have a positive experience in a closely supervised environment.

### Believing in Yourself

Wrestling is a wonderful individual and team sport. Wrestlers work hard to challenge themselves while building character, stamina, technical skills and sportsmanship. This sport takes a lot of dedication, determination, and much humility.



**For additional information, please contact:  
Mike Roach at [mroach9519@aol.com](mailto:mroach9519@aol.com) or  
(501) 607-4692**