

# Olmsted Falls Youth Wrestling 2023-24 Season

## The What

Learn the basics of wrestling, improve physicality, compete and build self-confidence.

## The Who

For grades K - 6<sup>th</sup>. All levels of experience welcome. Boys and Girls! The OHSA recently made girls wrestling an official Ohio sport! We will offer a girl only practice this year.



## The When/Where

Winter 2023-24. Information night is October 18<sup>th</sup> at 7pm in the High School Cafeteria. Practices will begin Early November, conclude in February and take place at the High School Wrestling Room.

## Cost

Registration now Open on the Olmsted Community Center's Website.

(<https://occ.recdesk.com/>) Early Bird Registration is \$110 and ends October 1<sup>st</sup>. From October 1<sup>st</sup> through the end of November registration fee is \$125. There will be a \$20 discount for families with multiple wrestlers. Fees include a t-shirt, 5 competitions and more.

## The Why

Join our wrestling family and one of the most storied programs in Olmsted Falls Athletics history! We have a lot of fun and teach many fundamentals through games.

## Questions?

Contact Olmsted Falls Wrestling Club at [OlmstedFallsWC@Gmail.com](mailto:OlmstedFallsWC@Gmail.com) or call Matt Shultz at 216-554-8394