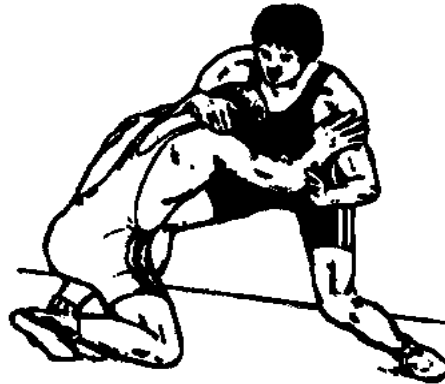


Big Foot Wrestling Club

Grades K-8

Come join in the excitement of wrestling. Learn the basics of wrestling, balance, flexibility, coordination, and even nutrition. Compete against children your age and skill level. All levels, from beginner to experienced are encouraged to participate.



Registration / Parent Informational Meeting:

Tuesday, November 17th, 2009 at 6:00 pm

Commons (cafeteria area) at Big Foot High School

If you are unable to attend this meeting, registration forms can be found at www.bigfootrecreation.org or in the Big Foot Recreation District office.

Fee: \$60/child (includes USA Card, insurance, t-shirt and end of season party)

Season: Begins Tuesday, December 1st, 2009

Practice: Tuesday & Thursday evenings from 6:00-7:30 pm

For questions or additional information, please contact Jake Ries at (262) 325-0702.



Special appearances by Big Foot High School Head Wrestling Coach Craig Utesch and his wrestlers will be made throughout the season.

(More information on back)

BIG FOOT WRESTLING CLUB

WHO WE ARE

We are a local wrestling club that teaches children from kindergarten to eighth grade the basics of wrestling. We also promote physical health issues such as balance, flexibility, and nutrition. All of these are an integral part to a child's development.

Our first year in operation as the official "Big Foot Wrestling Club" was 2004. We had 29 children from age 5 to age 14 on the roster at the end of March. We would like to build on that number and continue to add members each year.

WHAT WE DO

We teach the basics of wrestling to children of all levels, from beginner to advanced. We take time with each individual to accentuate their strengths, and focus on improving their weaknesses. We try to make every practice enjoyable for all wrestlers. We encourage all wrestlers to travel on Saturdays from January through March to tournaments around southern Wisconsin to test their skills against other wrestlers their same age and weight.

WHERE WE ARE GOING

We originated from the Sharon Wrestling Club, which was directed by George Ackley for over 15 years. Switching to the Big Foot Wrestling Club focuses our energy on the entire Big Foot Area School District, and not just one village.

The club incorporates numerous volunteers through the district to help assist our regular coaches. Big Foot Wrestling Club also works closely with Craig Utesch, BFHS Varsity Wrestling Coach, and his varsity wrestlers to assist in instruction and demonstration. This club also serves as a feeder-program for the BFHS Wrestling Team.

2009/10 PRACTICE INFORMATION

Practices begin Tuesday, December 1st, 2009. They are held upstairs in the Big Foot High School Wrestling Room. We practice from 6:00 to 7:30 PM. We begin traveling to tournaments in January and continue through March.

CONTACTS:

For information about our club, registration, or \$100 sponsorship please contact:

Jacob Ries
212 Howard Street
Walworth, WI 53184
325-0702

Big Foot Wrestling Club 2009/10 Coaching Staff

Head Coach:	Jacob Ries
Assistant Coaches:	Joe Gibson
	Jason Kelley
	Jason Dixon