



Kindergarten - 4th Grade Wrestling 2018

Singlets:

The wrestling singlet you will be using is a rental. Please have your child's singlet cleaned and washed when it is turned in. Starting January 7, 2019, a charge of \$39.95 will be put on your Legacy Center account for any singlets that have not been returned.

Singlet Sizes:

4XS - 40-54 lbs.

3XS - 55-74 lbs.

2XS - 75-94lbs.

XS - 95-114 lbs.

S - 115-134 lbs.

M - 135-159lbs.

L - 160-190 lbs.

Practices:

- Parents with children in Kindergarten-1st grade will need to stay in the gym with their children during all practices.
- Due to sanitary purposes, children without wrestling shoes **MUST** wear socks in order to participate. We recommend wrestling shoes if possible.
- We need parents to help roll the mats out before the 5:30 practice begins. If you are able to help at 5:15 we would really appreciate it. At the end of the 6:30 practices the mats need to be rolled up and put in the overhead slings. Parents, **PLEASE** help put the mats into the slings. No children will be allowed in the gym when the mats are being raised or lowered for safety purposes.
- We have an instructor that will lead the practices and we ask that parents help assist during practices if they are able to.

Tournaments:

- The Lehi Legacy Center will host two inter-squad tournaments for our wrestlers throughout the season. The emphasis will be on improvement, not on winning. Meets are officiated by both high school wrestling teams.
- Match-ups will be determined by weight. This does mean a younger child could potentially wrestle an older child. Both meets will be based on weight, not age.
- **Participants must participate in at least one practice to qualify for the first meet and a minimum of three practices for the second meet. Please check-in with the Site Supervisor as you enter the gym each week.**

Schedule: Practices are held on Monday nights at the Lehi Legacy Center (123 North Center St.)

October

8th - Practice (North Gym)

K-1st: 5:30-6:30pm

2nd-4th: 6:30-7:30pm

15th - Practice (North Gym)

K-1st: 5:30pm-6:30pm

2nd-4th: 6:30-7:30pm

**22nd - No Practice due to
ASD Fall Break.**

29th - Inter-Squad Meet

EVERYONE: 5:30pm

Arrive early to get a good
seat.

November

5th - Practice (North Gym)

K-1st: 5:30pm-6:30pm

2nd-4th: 6:30-7:30pm

(Picture Day)

12th - Practice (North Gym)

K-1st: 5:30pm-6:30pm

2nd-4th: 6:30-7:30pm

**19th - No Practice due to
Thanksgiving Week.**

26th-Practice (North Gym)

K-1st: 5:30pm-6:30pm

2nd-4th: 6:30-7:30pm

December

3rd - Inter-Squad Meet

EVERYONE: 5:30pm

Arrive early to get a good
seat.

4th-21st - Return your washed
singlet to the Legacy Center
Registration Office Mon-Fri,
8am-6pm.

January

7th - \$39.95 charge on your
Legacy Center account will
occur.