



ZIONSVILLE WRESTLING CLUB

REC WRESTLING - Grades K-6

In November and December Zionsville Wrestling Club runs a 7-week Rec Wrestling program. Zionsville Rec Wrestling is a beginner's program that provides an introductory experience for kids in grades K-6th. Wrestlers will be introduced to the fundamentals and basic skills of wrestling. The program also offers continued skills development for those with prior wrestling experience. Kids will be coached on the skills of wrestling and the values of the sport. Rec Wrestling offers kids an opportunity to test what they have learned with friendly inter-squad competitions matched up according to age, weight and ability level.

TRAVEL TEAM WRESTLING - Grades K-6

Zionsville Travel Wrestling Team expands upon skills learned in beginners wrestling and prepares the kids in grades K-6th for the next level of competition. The Travel Team practices have a higher level of difficulty and focus on advanced wrestling techniques. Wrestlers will be training for both individual and team tournaments.

For more information about the programs or to register, please visit the websites below

Rec Wrestling, visit:
ZCS Eagle Recreation and Enrichment Programs
[http://
programs.zionsvilleeaglerec.com/wrestling-league.cfm](http://programs.zionsvilleeaglerec.com/wrestling-league.cfm)

Travel Wrestling Team, visit:
www.zionsvillwrestling.org

Contact

Jared Williams

Assistant Athletic Director

Head Wrestling Coach

Phone: 317.417.2676

E-mail: jwilliams@zcs.k12.in.us

zionsvillwrestling.org