



YOUTH WRESTLING 2025-2026

PARENT MEETING

Monday November 17th 6:00 - 7:00 PM

Location TBD - will be shared via Game Changer

During this meeting we will have handouts regarding the upcoming season, gear to borrow, volunteer sign ups, check kids weights for singlet size, and a Q&A session. Please bring your wrestler with for weigh in and time with their coach on the mat.

Group 1 (Dec 1 - Feb 5)

4k-2nd grade

Rookies & Beginners

6pm-7pm

Elementary Wrestling Room (old room, off the cafeteria)

Enter in back door #6



Group 2 (Nov 20 - Mar 29)

2nd grade-5th grade (or younger upon request)

6pm-7pm

Dome Wrestling Room

Enter in front Dome door #13

**Scan here to register
for the season!**



4K-5TH GRADE

REGISTRATION ONLINE ONLY

<https://docs.google.com/forms/d/e/1FAIpQLSchFiigGxkdejfcOUKESq8HyrbkIB1TQ3DYQoPX3GzU4L4A/viewform?usp=dialog>

SPENCER HIGH SCHOOL SPENCER, WI

FREE for all wrestlers who
are enrolled in Spencer or
Columbus School Districts.

PRACTICES

MONDAY AND THURSDAY
6PM-7PM

DUALS/TOURNAMENTS

Tournaments are voluntary. They are a great way to learn and we encourage participation but we do not require attendance.

WHY WRESTLE?

- Anyone can do it
- Everyone gets to participate
- Build confidence & strength
- Incredible conditioning
- Great for other sports *especially football
- Winter activity for both boys & girls!
- FUN & build amazing friendships

CONTACT

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