

## **BOLTS WRESTLING**

**At Eagle's Landing Christian Academy**

Our team is based on scripture found in Matthew 6:33 which says,  
"But seek first the kingdom of God and his righteousness, and all these things will be added to you."

**For Boys K-5<sup>th</sup> grade**

**\$150 Youth Athletic Fee**

**Season: 11/5/2018 through 1/24/2019**

**Practice Days: Monday 3:30-4:45 & Wednesday 3:15-4:30**

**Where: ELCA Wrestling Room (downstairs in the Gym)**

**Competition days: Saturdays**

\*All competitions are optional, there are tournaments hosted all over GA each weekend that you may select from and pay the fee associated with that tournament)

**Please Fill out and Turn in Sign Up Sheet**

**Contact: Coach Lorenzo at: [ELCAwrestling@gmail.com](mailto:ELCAwrestling@gmail.com)**

***(Space is limited, first 25 kids to sign up)***

## FROM COACH LORENZO

Welcome to ELCA wrestling 2018-2019. Bolts is happy to be starting up their third year. We had 11 guys out for last years team and are hopeful to add several more this season. This season we will be offering the wrestling program to all boys in K-5th grade. Practices will be held on Mondays 3:30-4:45 pm and Wednesday 3:15-4:30pm. We will have our High School/Middle School wrestling coaches, along with our Varsity wrestlers help guide your children through each practice. It is so important to keep sports fun, especially sports as demanding as wrestling. This is why we will have stations for the wrestlers to move through, the hopes in this is to avoid down time and getting bored doing the same thing for too long. We will focus specifically on: technique, live wrestling, and conditioning. Prior to our stations we will go through a warm-up as a team. Then at the conclusion of practice we will come together for a devotion or highlight a Christian athlete we can aspire to.

### **For those of you who are new to wrestling, here is a brief word from Team Georgia Wrestling.**

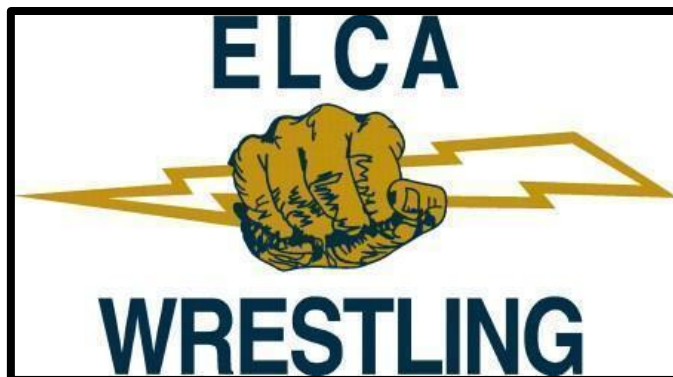
Wrestling involves a unique balance of practically every aspect of physical and psychological conditioning. Strength is as important as stamina. Speed as technique, strategy as intensity, and power as is coordination. However, it's not always the natural athlete that ultimately succeeds in the sport - it's the natural competitor.

Kids that are strong for their weight, well-coordinated and naturally aggressive are usually more successful early on in the sport. However, it's the highly competitive kids that really enjoy the sport, that eventually achieve the highest levels of success. True competitors come in all shapes and sizes, and in varying degrees of natural talent. Many of the best wrestlers the world has ever seen, such as John Smith, Dan Gable and Dave Schultz were not star athletes. They are and were ordinary people with an extraordinary competitive drive.

Gifted athletes, especially those that are strong and well-coordinated, typically do well and take an early liking to the sport. Some kids that thrive on competition, with only average or below average natural ability, often surprise parents and coaches by eventually surpassing more gifted kids through hard work and preparation.

Although it is wise for parents and coaches to de-emphasize winning, victories can be extremely gratifying because of the strong sense of personal accomplishment. The effort put forth in practice and preparation is apparent in competition, and not lost in a team effort. This aspect of wrestling can be a great motivator and teacher, and can develop a person's work ethic, self-confidence, and ability to achieve in all areas of life. Wrestling is great for exposing the "champion" within most any kid, but especially with those that love to compete ([www.teamgeorgiawrestling.com](http://www.teamgeorgiawrestling.com), 2016).

I strongly encourage and hope that you will join Bolts wrestling for this upcoming season. There is more information that will be sent about tournaments once the schedule is posted on the Team Georgia website. One requirement to wrestle is every athlete must have a USA wrestling membership card, this is purchased with the following link <http://www.teamgeorgiawrestling.com/usawmembership>. The cost is \$46, the card will allow your child to enter wrestling tournaments (\$15-\$30 per tournament) and covers them with the USA wrestling insurance. We also would love to have a handful of fathers with wrestling experience or a desire to learn to help coach. This would be during practices and specifically on weekends at tournaments. A commitment to the season coaching will waive the athletic fee associated with the club, we will also pay for your bronze level coaches card that is required to coach in tournaments. As we all know programs lean heavily on great parent support, we would appreciate your help if you feel this could be you. Thank you for considering Bolts wrestling this year. If you have any questions please send your emails to [ELCAwrestling@gmail.com](mailto:ELCAwrestling@gmail.com).



I hereby give my permission for \_\_\_\_\_ to participate on the **Bolts Wrestling Team** during the 2018-2019 season.

Wrestler's Printed Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_ Approximate Weight: \_\_\_\_\_

Best Email address: \_\_\_\_\_

Email address #2: \_\_\_\_\_

Mom's Cell Phone #: \_\_\_\_\_ Dad's Cell Phone #: \_\_\_\_\_

T-Shirt size for Wrestler: YS\_\_\_ YM\_\_\_ YL\_\_\_ YXL\_\_\_ AS\_\_\_ AM\_\_\_ AL\_\_\_ AXL\_\_\_

Parent(s) Full Name (Please Print): \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cost: **\$150** for a Youth Wrestler (K-5<sup>th</sup> grade) will be charged to your ELCA School Account.

\*Team gear is included in cost (T-shirt)

**Athlete is responsible for wrestling shoes and headgear**

(Kneepads are optional)

\*Purchase shoes & headgear at stores such as Academy or Dick's, or via the internet.

Below are a few web sites\*

[www.takedownshop.com](http://www.takedownshop.com) [www.wwsport.com](http://www.wwsport.com) [www.jrwrestling.com](http://www.jrwrestling.com) [www.wrestlinggear.com](http://www.wrestlinggear.com)