

# Rappahannock County Youth Wrestling Introduction 2022

**What is it:** This is an introductory program designed to teach the basic skills of wrestling. Emphasis will be on wrestling moves, conditioning, sportsmanship, and fun. There will be no formal matches with other clubs/schools. If your child is interested in wrestling or just looking for a challenge that will help them become a better athlete, this program is for you.

**Why Wrestle?** To learn the sport of Wrestling and to become a better overall athlete. The sport of wrestling is the oldest sport in the world and is hard work. Your child will learn to work hard and hold themselves accountable for their work. Wrestlers compete against only one competitor that will be of their own weight so their wins/losses are strictly the result of their own efforts.

**Who:** Open to Boys and Girls in grades K-6 and 7-11.

**Why:** Wrestling in the U.S. has gained a lot of interest over the past several years as our men's and women's world and Olympic teams doing extremely well on the world stage. Most colleges/universities have men's teams and many have recently started to field women's teams on the NCAA Division I, II, and III level. Women's wrestling is currently the fastest growing sport in college sports.

**Where:** Rappahannock County High School Wrestling Room

**When:** Grades K-6 each Tuesday starting March 8<sup>th</sup>, from 3:30pm – 5:00pm  
Grades 7-11 each Monday and Wednesday starting March 2<sup>nd</sup>, from 3:30 – 5:30

**Fee: None**

**What is needed:** A pair of shorts, a t-shirt, and wrestling shoes. We have many pairs of donated wrestling shoes of various sizes in the wrestling room that may work for your child. If not, a decent pair of wrestling shoes can generally be purchased for under \$50.00 at a number of websites to include:

<https://www.wrestlingmart.com/youth-wrestling-shoes>

<https://www.dickssportinggoods.com/f/shop-wrestling-shoes-footwear?pageNumber=0&filterFacets=5495%3ABoys%27%2CGirls%27>

<https://www.suplay.com/collections/youth-wrestling-shoes>

Please send questions or register via e-mail to **Coach Wes Mason** at: [wes.mason55@gmail.com](mailto:wes.mason55@gmail.com)