

Waves of Steel Wrestling

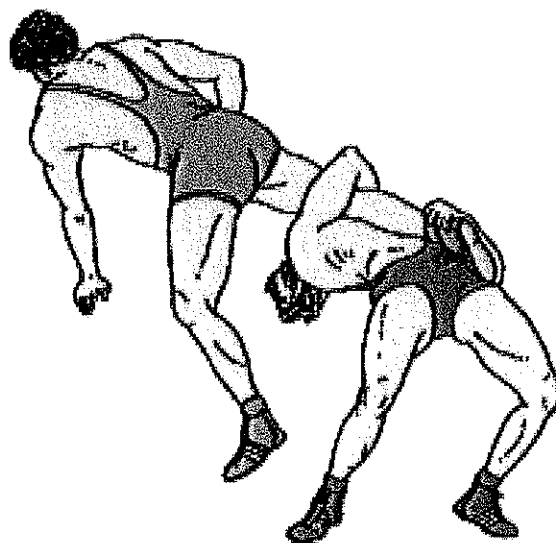
Newark Catholic has a rich wrestling tradition dating back to 1984. This has included 19 State Qualifications, 8 State Placements, and a State Champion in 1993. The development of young wrestlers is an essential ingredient for a successful High School Program. As a result, Newark Catholic has committed a great deal of time and resources to the Youth Wrestling Program.

What is Waves of Steel Wrestling?

Waves of Steel Wrestling is real wrestling - the world's oldest and greatest sport. It permits boys of any size and weight to compete for personal pride and glory, where success is not necessarily determined by one's natural athletic ability, but by the size of one's heart. Wrestling teaches young men the value of hard work, discipline, commitment, and perseverance - qualities that will serve them well in life. Some of our nation's greatest leaders competed in wrestling as young men - Benjamin Franklin, Abraham Lincoln, George Patton, Norman Schwarzkopf and Donald Rumsfeld to name a few. In addition, a recent study by the NCAA revealed that wrestlers on average were considered to be the least injured athletes, carried the highest overall grade point average of student athletes, and the best overall athletes due to their superior conditioning. Character, Discipline and Commitment are what Waves of Steel Youth Wrestling is all about! The program is open to all boys in grades K through 6th. The focus of the program is learning the fundamentals of the sport while gaining valuable mat experience. All practices take place at Blessed Sacrament School with practice days and times determined by the athlete's age and/or skill level. Practices begin November 15th and are directed and overseen by designated, experienced wrestling coaches who are assisted by current and former wrestlers who show an aptitude and ability for developing young athletes. The program allows wrestlers to compete in both team dual and individual competitions. While participation at these events is highly encouraged, it is not mandatory. Wrestlers may choose to attend all events, some of the events, or none of the events and only attend practices. Whatever the choice, the participant will gain valuable experience and become a better wrestler. Athletes compete in weight classes and divisions based on age. Weight loss is strongly discouraged. Singlets will be provided. Headgear is required, but not provided.

For more information, please contact Rich Stalaker:

richard.stalaker@gmail.com 740-513-6531



Tentative Schedule

Tuesdays

6:00pm—7:00pm Beginners and K-3

6:00pm—8:00pm Advanced Wrestlers

Thursdays

6:00pm—7:00pm Beginners and K-3

6:00pm—8:00pm Advanced Wrestlers

Fridays

6:00pm—8:00pm Advanced Wrestlers

Tuesday, November 8th will be Sign-Ups and Parent's meeting at 7:00pm at the Blessed Sacrament Annex. Practice will start on Tuesday, November 15th. Wrestling fees for the year (includes a shirt and shorts) will be \$65.00.