Green Canyon

Pups Wrestling Program

**Who can participate?**

* Any **boy or girl** in kindergarten through fifth grade
* The cost is $45.00.  Included in cost is a t-shirt, three tournament registrations, and solid coaching from adults AND high school wrestlers.

**When do practices begin?**

* Wednesday October 17th, 2022
* K-5th grade- Monday and Wednesday from 5:30 pm-6:30pm
* We will be participating in at least three informal wrestling tournaments here in the valley October 29th, November 5th, and November 12th.  Tournaments will be held on Saturdays as High Schools here in the valley

**Where will practices be held?**

* All practices will be held in “The Den”- The Green Canyon High School wrestling room.  Please enter through the north door to the wrestling room (park in the north parking lot).

**What will be taught?**

* We will focus on the fundamentals of wrestling, i.e. basic stance, motion, proper ties, lines of defense, neutral position take-downs, etc.  An emphasis will be placed on having fun and demonstrating good sportsmanship.

**Coaches**

* Dirt Howa & the Green Canyon coaching staff, and GCHS wrestling team

**We are super excited to have your child on our TEAM!  We feel that participating in any sport has the potential to teach our children what it means to have discipline, work ethic, good sportsmanship, and dedication!  Thank you for choosing wrestling.  A famous wrestler by the name of Dan Gable (Olympic gold medalist) once said, “Once you’ve wrestled, everything else in life is easy!”**

For any additional information or questions please feel free to contact

Dirt Howa @ howadirt@gmail.com or text/call 435-630-0231