



WHAT: FREE WRESTLING CLINICS

for Lehi Junior High Students

WHERE: LEHI JUNIOR HIGH SCHOOL

ROOM 258 (Trailer next to the Tennis Courts)

WHEN: OCT. 17: Informational Meeting

CLINICS:OCT. 24-JAN 16 (Wednesdays only)

Top 10 Reasons Why You Should Wrestle

- 10) Make a friend or two, or maybe even twenty,
- 9) Learn self-defense skills that might save your life,
- 8) Have a backup plan if you don't make the basketball team,
- 7) Develop and build a solid feeder program for SHS wrestling team,
- 6) Learn to mentor younger wrestlers,
- 5) Earn volunteer awards, hours, and scholarships,
- 4) Eat Pizza,
- 3) Generate interest and feedback about a new wrestling club
(T.A.C. Wrestling Club for more info, go to www.goo.gl/ru9LgX)
- 2) Learn to be **TOUGH**,
- 1) Develop confidence and self-reliance.

Who is the Coach? Bucky Holmstead- LJHS School Counselor

Qualifications: Four -time high school varsity wrestler (Hurricane, Utah)
Utah State Wrestling Champion (1997)
USA Wrestling Coach

To register for the free clinic(s), go to: <http://goo.gl/forms/4HvYbv6avA>

See below for other free clinics for other grades

Time Oriented

4:15-5:30 PM: 4th-6th grade:

5:30-6:30 PM: K-2nd grade:

6:30-7:30 PM: 2nd-4th grade

Grade Organized

K-2nd grade: 5:30-6:30 PM

2nd-4th grade: 6:30-7:30 PM

4th-6th grade: 4:15-5:30 PM