

Bison Wrestling Club



Welcome to our first year of Bison Wrestling club!

Season Dates

January 15th to March 17th, some wrestling is always better than no wrestling if you ask me so make the season meet your needs. The older and/or more experienced you are the more you'll gain by being here more.

Practice Details

Start Date: January 15th (first practice) **Registration/parent meeting that night from 5:00 – 6:00**, kids can practice this night while we meet with parents.

Practices: Monday – Tuesday – Thursday

Times: 5:30 – 7:00 p.m. (Out the door by 7:00).

Location: East Middle School

Ages: 5-13 (5-7 year olds practice 2 nights per week, 2-3 nights per week everyone else)

Registration forms will be available on registration night or download from:

Facebook: Great Falls Bison Wrestling or Bison Wrestling Club

Best Contact is: steve_komac@gfps.k12.mt.us

-More information on the Back-

Bison Wrestling Club

We are excited to start Bison Wrestling Club and get kids started in a sport that has changed many young people's lives in a positive way.

Why Wrestle?

Wrestling Builds Character, teaches Hard Work, increases Self Esteem and Discipline.

Wrestling blends culture and brings kids and people together.

Wrestling is a rare combination of individual and team sport where you get to win and lose based on your effort and ability but your team needs and supports you to be successful as a large group as well.

Wrestling teaches us that after tough matches you have to get up and go again.

Wrestling teaches us over time that even things that are difficult can be fun and rewarding.

Natural or learned wrestling teaches assertiveness that will lead to success in other areas.

Wrestling will someday give teenagers a positive place to be when peer pressure and tough decisions are getting made.

Equipment Needs

Practice: Shorts, t-shirts, wrestling shoes, or clean tennis shoes that don't get worn outside.

Tournaments: Singlet, head gear (optional), wrestling shoes preferred but can use clean tennis shoes. These items are up to the parents to buy, or borrow. There are many quality singlets laying around in people's houses that may be available for little or no cost. The cost of this sport should be very reasonable. Retail stores have singlets for around \$38.

Expenses

Cost: \$65 club registration once per year, this will include club t-shirt.

Travel: All travel will be single day - no hotels needed and most tournaments within 60 miles.

Entry Fees: Parents pay to get in at most sites but kids do not pay to wrestle.

Coaches

Coaching will be provided by Great Falls High Wrestling coaches, UGF wrestlers, Bison Wrestlers, and volunteer parents. A background in wrestling is helpful but people that are positive and enthusiastic and want to be a role model/coach can learn enough wrestling to be good coaches at this level. Many great clubs are formed and ran by positive enthusiastic parents that want to learn and help so please inquire.

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