



# JR VIKING WRESTLING CLUB



[www.francishowelljrwrestling.com](http://www.francishowelljrwrestling.com)

**Jr Viking Wrestling Club Mission Statement:** The mission of the Viking Wrestling Club is to promote the life skills associated with working to become a champion through goal setting, training, and competing. We have two very simple goals: 1) to develop all participants mentally, socially, and physically so they are realistically capable of becoming individual wrestling champions, and 2) to win team championships at every level.

**Tradition:** The Howell Wrestling Family is an association of competitors, coaches, parents, fans & supporters, many of whom are Howell alumni. Francis Howell has a rich tradition in wrestling.

**Work Ethic:** At Howell, you can be a 1st year wrestler & if you work hard, you will be afforded the same respect as a state or national champ. The respect you command is earned and reflective of your work ethic. To be the best, you have to outwork the rest!

**Who Can Wrestle?:** Jr. Vikings Wrestling Team is a feeder program to Francis Howell High School. Most wrestlers are multi-sport athletes who come in all shapes and sizes. We accept ages 4 to 14 (must not turn 15 years old prior to January 1, 2017 ) who are not afraid to work hard, and who have the ability to dream of winning a state title.

**Perseverance and The Power of the Mind:** At first, the better athletes win wrestling matches, but after time, the wrestlers who have put in the hours learning technique begin to win out. Typically, it takes wrestlers 3-4 years to learn most of the fundamentals of wrestling, which is why it's important to start early! We run a "no-nonsense", technically sound, hard-nosed, basic fundamentals program and have high expectations that all of our wrestlers learn the core fundamentals and basic skills to give them a chance to be successful in competition. The mind can be a tremendous asset or insurmountable obstacle. This sport belongs to the emotionally tough! It belongs to folks who realize that they are not going to win all the time, but enjoy competing! See the website for age and weight divisions! The road to the top of the mountain is littered with talented athletes who were not tough enough to pay their dues. Likewise, the man on top of the mountain did not fall there. The mentally tough workers prevail.

## We have 3 training groups

Monday	Tuesday	Wednesday	Thursday
<p><b>MINIS (Pre-K-2<sup>nd</sup> grade)</b></p> <p>@ Francis Howell High School</p> <p>6:15pm to 7:30pm</p>	<p><b>Intermediates &amp; Advanced</b></p> <p>@ Timberland High School</p> <p>6:00pm-8pm</p>	<p><b>Intermediates &amp; Advanced</b></p> <p>@ Francis Howell High School</p> <p>6:30pm-9pm</p> <p>Strength &amp; Conditioning 8:45-9pm</p>	<p><b>MINIS (Pre-K-2<sup>nd</sup> grade)</b></p> <p>@ Francis Howell High School</p> <p>6:15pm to 7:30pm</p>

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**MAIN Registration is the FIRST WEEK OF PRACTICE: BEGINNING Oct 30th** and ALL of the regular season practices in December. Some football players don't join the team until December & that is ok!

- Please download and complete the proper form for your level: Competitive=JR Vikings or MINI=Mini Vikings and bring it with you to registration. Visit [www.francishowelljrwrestling.com](http://www.francishowelljrwrestling.com)
- **EARLY** registration will be held via snail mail:
- **1st Year Wrestlers are REQUIRED to bring a copy of their Birth Certificate to registration.**

\* You will need three (3) separate checks for: (A) the Registration Fee (B) \$50 singlet deposit check which will be destroyed at the end of year when the singlet is returned & (C) \$75 "commitment" check which is destroyed after you meet your commitment to work our tournament/ or another volunteer opportunity

\* We ask for some additional help to make some additional fund raising a success (Super Bowl Squares etc)

**COST- 2 Options                      MINI-Vikings                      OR                      Jr Vikings**

**1) The MINI Vikings (Pre-K thru 2<sup>nd</sup> grade)- Cost is \$100 for ALL MINI- Vikings**

INCLUDES: (Team T-Shirt and Shorts, Mini- Gear Bag, and participation in the Howell Tournament

**2) JR Vikings = Intermediate and Advanced wrestlers- Cost is \$180 per wrestler \$150 for the second wrestler, and \$100 for each additional wrestler in the same family.** Price includes Competitors Cards, T-Shirt and shorts, and participation in the Howell Tournament.

**Length of Season:** The season begins Monday Oct 30th and ends with culminating State Championship events in AAU and USA in late Feb and late March respectively. We encourage all our competing athletes to compete in the AAU State Championship event. USA wrestling is a separate governing body that holds an additional post season series via District, Regional, and State Tournaments. Athletes are encouraged to compete in the USA Series. That decision is made by the people supporting that athlete: Parents & Coaching Staff. There are National level events in April through June.

**Tournaments:** Wrestling is a sport in which you compete by weight class against opponents of your same size and age, and by similar ability. (Most tournaments have a rating system that attempts to place wrestlers in groups with similar experience.) Tournaments for wrestlers are on a **pay as you go basis**, you can participate in as many or few tournaments as you choose to participate in. The cost for each tournament is usually around \$15-\$20. Most serious wrestlers compete in roughly 10-15 tournaments or approximately 30-50 matches. There are approximately 15-20 competitive weekends.

**Equipment needed: Wrestling Shoes & Headgear (recommended but wait because we have a stockpile of extras) Coach Drew can email the inventory in stock.**

**Contact Information:** For more information or to answer any questions that you may have regarding Jr. Viking Wrestling please visit us @ [www.francishowelljrwrestling.com](http://www.francishowelljrwrestling.com) or contact **Head Coach** Drew Lilledahl 314-229-0271 or [dlilledahl@hotmail.com](mailto:dlilledahl@hotmail.com)

