

09/20/2009

Dear Parents:

Your Second (2nd) through Eighth(8th) grade sons are invited to join our CYO wrestling club, which begins on Monday, October 12th, 2009, and ends December 18th, from 5:30 to 7:00 pm, every Monday and Wednesday for session one (1). Session two (2) begins January 4th 2010 and ends March 3rd, same days and time.

We believe that exposure to the fundamentals, skills, and technique at this level will have a major influence on your son in the years ahead in the sport of wrestling.

Although we would like for your son to become a SFS Knight someday, we encourage any young man to join our program and learn or improve upon their skills no matter what high school that they choose to attend.

Due to the biddy wrestling tournaments starting in October, we are going to run our practice as stated above.

Where: St. Francis High School, 2323 W. Bancroft St., Toledo

Cost : \$45.00 for per wrestler per session

\$20.00 for each additional family member per session

Any? : Call Coach Dennis Marzec

at 419-666-3194 or e-mail ? at dmarzec4@gmail.com.

Extras: An SFS wrestling T-shirt and certificate of accomplishment will be awarded to those athletes who complete the majority of one or more sessions.

Notice: If your son is involved in CYO fall sports, we encourage him to sign up for session two, unless these days and times won't conflict. Athletes are paired according to age, weight, and ability levels. Agility, coordination, flexibility, strength, fitness, and skills are emphasized and developed weekly. Wrestling is a great sport that compliments football and vice versa. A CYO 7th and 8th grade team maybe established, depending on the number of participants that we have. No weight loss is required or expected. Parents are encouraged to have their wrestler enter into as many biddy tournaments as possible. For a list of tournaments, go to www.ohiowrestling.com to print out the forms. Additional forms will be posted on the bulletin board in the wrestling room.

Yours In Wrestling,

Coach Dennis Marzec