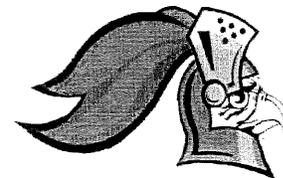


HOLYOKE KNIGHT-HAWK YOUTH WRESTLING 2015 - 2016



ELIGIBILITY : ALL boys and girls, who are at least five years old, and not older than 8th grade. Youth wrestling is divided into weight and age groups. All sizes can wrestle from 40 lbs to 240 lbs. Wrestlers will compete against other kids with a similar weight, and age. Age groups are generally broken into k-2, 3-4, 5-6, and 7-8.

LOCATION : Dean Tech's wrestling room
Wm J Dean Vocational Technical High School, 1045 Main St, Holyoke, MA

DATES : Practices start on Tuesday, November 17th and run on Tuesdays and Thursdays into March (NO practices on holidays)

TIMES : 6:30 PM - 8:00 PM following the Dean Tech/Holyoke High practices

FEE : \$25

EQUIPMENT : Wrestling shoes (NO sneakers or other street shoes will be allowed on the mat)
Wrestling head gear (recommended, and is required at many competitions)
Tee Shirts and shorts

COMPETITIONS : Competing is optional.
We will meet up with other local youth clubs for informal matches on Fridays.
We will attend some tournaments. Tournaments are on Sundays, and have entry fees.

Contacts : Coach Fran Weir 413 527 6403 coachfranweir@yahoo.com
Coach Gary Poehler
Coach Wesley Kulig
Coach David Brazeau

Wrestling teaches life skills

Confidence	Discipline	Strength
Speed	Balance	Courage
Toughness	Hard Work	Perseverance

The co-op team of Dean Tech and Holyoke High has established itself as one of the premier high school wrestling teams in Western Mass over the past few years. As a team, we have won the league three times, and taken Western Mass twice.

On an individual level, we have had two State Champions, Patrick Keane and Philip Fernandez, as well as several other Western Mass Champions, finalists and place winners.