



New Ulm Youth Wrestling Freestyle Program

The New Ulm *Freestyle* Wrestling program focuses on developing the first five basic skills of wrestling (position, motion, set-up action level change and penetration), while incorporating the more advanced skills of back step and arch and turn, as well as proper methods of lifting and throwing opponents. The instruction for grades 3-6 uses core balance, strength and technique drills and activities to expose young wrestlers to this dynamic international style of wrestling.

Practice will be held at 1815 North Spring Street (2 blocks North of Concordia Lanes, turn right on to vacated North Spring Street).

Practices are Monday and Friday night, Grades 3-6 are 6:30-7:30 and 7:30-9:00 for grades 7-12. Every Wednesday Night will be Open Mat, where anyone in the program is invited to wrestle.

Membership in Rolling Thunder and a current USA Wrestling Card is required.

For more information call Dan Kurth at: (507) 382-0490 or email eaglewr1@hotmail.com

Younger, Experienced wrestlers will be accepted with prior approval.