

BENSON YOUTH WRESTLING PROGRAM



The goal of any sports program is to have and enjoy success (win); there is no doubt about that. Success is defined, however, in many different ways.

There are goals that we as a coaching staff have for anyone on the wrestling team, regardless of what level or ability:

1. Have a fun year as a team and enjoy the benefits of working together to improve.
2. Fully develop one's potential and be the best that he can be as an athlete, a student, and a citizen.
3. Understand and practice good sportsmanship and fair play.
4. Develop a work ethic and character that will extend beyond the wrestling mat.
5. Develop self-esteem and self-respect through goal setting and hard work.
6. To enjoy the personal challenges that wrestling provides.
7. To help each other as teammates reach our personal goals.
8. To proudly and appropriately represent Benson Schools and the community both on and off the mat.

Registration: Register on-line by Monday, December 5th. Visit www.benson.k12.mn.us click on the Online Registration box, Community Education, Youth Recreation. If you wish to pay by check or cash to the Community Ed office, please see the back of this form for more information.

Cost: \$50 a year to participate. Money collected helps provide transportation to tournaments, buys your NYWA card, a wrestling pin, lends you a singlet, and pays for your entry fee for the Benson Tournament, which is scheduled for Friday, March 10th, 2023.

Practices: Practices will be Monday evenings for both groups and Thursdays for any wrestling looking for more advanced practices, come regularly as we will have your wrestler paired with others as their partner.

Practices are: PreK-2nd grade: Mondays from 5:00-5:45 p.m.

3rd-6th grade: Mondays from 5:50-7:00 p.m. AND Thursdays from 5:00-6:15p.m.

All wrestlers will enter through the front of the school no more than 5 minutes before practice is scheduled to begin. Wrestlers should have a set of tennis shoes or wrestling shoes, a pair of shorts, and a t-shirt.

We will issue you a singlet. It needs to be returned at the end of the season, or you will be charged a replacement fee of \$50. We have a few pairs of shoes and some headgear that we will give out as needed. If you have been in the program before and your wrestler has outgrown his shoes, you are encouraged to bring them in for someone else.

Important Dates:

December 5th 6 pm - parent meeting and singlet hand out. Please try and have a parent present at the meeting as we will discuss home dual tournaments, work schedules, and the Benson Kid Tournament.

December 12th - First Practice

December 15th - Second Practice

December 19th - Third Practice; last practice before Christmas Break

January 5th (Thursday) - First practice after Christmas Break

March 10th - Benson Kid Tournament

Contacts:

Scott Thompson Head wrestling coach - sthompsons@benson.k12.mn.us; 320-368-0499

Ryan Thompson - Youth Wrestling coach 320-304-3632

Brittney Thompson - Youth Coordinator 320-304-3369

Registration Information – 2022-2023 Youth Wrestling (\$50)

You may register online with a credit card. If you wish to pay with cash or check in the Community Education office, please include the following information. PLEASE NOTE – all registration forms must include payment. Scholarship requests through Community Ed must be requested prior to registration.

Childs Name: _____ Birthdate: _____ Grade: _____

T-Shirt Size (circle each): S M L XL & Youth or Adult

Parent's Name: _____ Email: _____

Address: _____

Phone Numbers: (h) _____ (c) _____

Emergency contact name and phone number: _____

Any health related concerns (allergies, etc.) _____

ALL CHECKS MUST BE MADE PAYABLE TO **BENSON PUBLIC SCHOOLS.**