



# Lehi City Recreation Wrestling 2014



## Singlets:

The wrestling singlet you will be using is a rental. It will need to be turned in by December 8th. Please have your child's singlet cleaned and washed when it is turned in. Our singlet's cost \$39.95 each and we will send a bill to those who do not return them starting January 5<sup>th</sup>, 2015.

## Practices:

- Parents with children in Kindergarten-1<sup>st</sup> grade will need to stay in the gym with their children during all practices.
- Due to sanitary purposes, children without wrestling shoes MUST wear socks in order to participate. We recommend wrestling shoes if possible.
- We need parents to help roll the mats out before the 5:30 practice begins. If you are able to help at 5:15 we would really appreciate it. At the end of the 6:30 practices the mats need to be rolled up and put in the overhead slings. Parents, PLEASE help put the mats into the slings. No children will be allowed in the gym when the mats are being raised or lowered for safety purposes.
- We have an instructor that will lead the practices and we ask that parents help assist if they are able to.

## Tournaments:

- The Lehi Legacy Center will have two intersquad tournaments for our wrestlers throughout the season. The emphasis will be on improvement, not on winning.
- Coach will assist in pre-determining the match-ups.
- There are additional tournaments that wrestlers may participate in at other locations. They require a small fee to participate in and are separate from what we offer. Visit [www.usawrestling.org](http://www.usawrestling.org) for more info and to register.

## Schedule:

- Practices are held on Monday nights at the Lehi Legacy Center (123 North Center Street).

### Singlet Sizes:

- 4XS - 40-54 lbs.
- 3XS - 55-74 lbs.
- 2XS - 75-94lbs.
- XS - 95-114 lbs.
- S - 115-134 lbs.
- M - 135-159lbs.
- L - 160-190 lbs.

### October

20<sup>th</sup> - Practice (North Gym)  
K-1<sup>st</sup>: 5:30pm-6:30pm  
2<sup>nd</sup>-4<sup>th</sup>: 6:30-7:30pm

27<sup>th</sup> - Practice (North Gym)  
K-1<sup>st</sup>: 5:30pm-6:30pm  
2<sup>nd</sup>-4<sup>th</sup>: 6:30-7:30pm



### November

3<sup>rd</sup> - Inter-Squad Meet  
**EVERYONE: 5:30pm**

10<sup>th</sup> - Practice (North Gym)  
K-1<sup>st</sup>: 5:30pm-6:30pm  
2<sup>nd</sup>-4<sup>th</sup>: 6:30-7:30pm  
**(Picture Day)**

17<sup>th</sup> - Practice (North Gym)  
K-1<sup>st</sup>: 5:30pm-6:30pm  
2<sup>nd</sup>-4<sup>th</sup>: 6:30-7:30pm

24<sup>th</sup> - Practice (North Gym)  
K-1<sup>st</sup>: 5:30pm-6:30pm  
2<sup>nd</sup>-4<sup>th</sup>: 6:30-7:30pm

### December

1<sup>st</sup> - Inter-Squad Meet  
**EVERYONE: 5:30pm**

8<sup>th</sup> - Return singlet to the  
Legacy Registration Office  
8am-6pm.

### January

5<sup>th</sup> - For any singlet not  
returned a bill of \$39.95  
will be sent out.