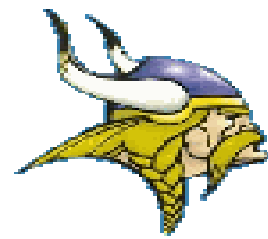




# JR VIKINGS WRESTLING CLUB



[www.francishowelljrwrestling.com](http://www.francishowelljrwrestling.com)

Practice begins **Mon Oct 30th**. There is a free trial period for the month of **November**.

**No Practice on Tuesday, Oct 31st. (Trick or Treat) See practice Schedule below.**

- Please download and complete the proper form for your level: Competitive=JR Vikings or MINI=Mini Vikings and bring it with you to registration. Visit [www.francishowelljrwrestling.com](http://www.francishowelljrwrestling.com)

### We Have 3 Training Groups

Monday	Tuesday	Wednesday	Thursday
<p><b>MINIS (Pre-K–2<sup>nd</sup> grade)</b></p> <p>6:15pm to 7:30pm</p> <p>@ Francis Howell High School</p>	<p><b>Intermediates &amp; Advanced</b></p> <p>6pm-8pm</p> <p>@ Timberland High School</p>	<p><b>Intermediates &amp; Advanced</b></p> <p>6:30pm-9pm</p> <p>@ Francis Howell High School</p>	<p><b>MINIS (Pre-K–2<sup>nd</sup> grade)</b></p> <p>6:15pm to 7:30pm</p> <p>@ Francis Howell High School</p>

**1<sup>st</sup> Year Wrestlers are REQUIRED to bring a copy of their Birth Certificate to registration.**

\* You will need three (3) separate checks for: (A) the Registration Fee (B) \$50 singlet deposit check which will be destroyed at the end of year when the singlet is returned & (C) \$75 “commitment” check which is destroyed after you meet your commitment to work our tournament/ or another volunteer opportunity

\* We ask for some additional help to make some additional fund raising a success

**COST- 2 Options                      MINI-Vikings                      OR                      Jr Vikings**

**1) The MINI Vikings (Pre-K thru 2<sup>nd</sup> grade)- Cost is \$100 for ALL MINI- Vikings**

INCLUDES: (Team T-Shirt and Shorts, and participation in the Howell Tournament, & Banquet)

**2) JR Vikings = Intermediate and Advanced wrestlers- Cost is \$180 per wrestler \$150 for the second wrestler, and \$100 for each additional wrestler in the same family. Price includes Competitors Cards, T-Shirt and shorts, and participation in the Howell Tournament.**

**Contact Information:** For more information or to answer any questions that you may have regarding Jr. Viking Wrestling please visit us @ [www.francishowelljrwrestling.com](http://www.francishowelljrwrestling.com) or contact:

**Head Coach Drew Lilledahl 314-229-0271 or [dlilledahl@hotmail.com](mailto:dlilledahl@hotmail.com)**