



# CENTRAL DAUPHIN EAST ELEMENTARY WRESTLING

Girls and boys in grades K - 6



## Registration for the 2022-23 Central Dauphin East Elementary Wrestling Season

**Date:** October 17, 18, 19

**Time:** 6:30pm to 8:00pm

**Place:** CD East High School gym lobby 626 Rutherford Road, Harrisburg, PA 17109

**Season Start:** First practice Wednesday, 11/2/ 2022; Parent Meeting Monday, 11/7/22.

Coaching staff will be available to tell you about the program, answer any questions you may have, and accept the registration form and fee. No prior wrestling experience is required.

***Wrestling is a co-ed sport, and we encourage girls who are interested to join our team. In addition, our league will also be hosting weekly girls-only practices. Women's wrestling is an Olympic sport, and nationwide participation is exploding. It's never too early to start!***

**MISSION:** CD East Elementary Wrestling strives to give young athletes the opportunity to develop physically by learning about fitness, skill, and technique; and mentally by gaining self-esteem, commitment, and respect.

### GOALS:

- Introduce new wrestlers to the fundamentals of wrestling.
- Provide current wrestlers the best knowledge, skill, and technique.
- Develop a love for wrestling, competition, and teamwork.
- Instill sportsmanship, confidence, hard work, and discipline.
- Encourage leadership both on and off the mat.
- Develop the skill, attitude, and enthusiasm to advance to the Junior High and eventually High school level of competition.
- Our ultimate goal is to teach kids that real success—in wrestling and in life—is not about winning and losing, but it is about getting back up after you get knocked down. NO QUIT!

**FEE:** \$85 per wrestler. This includes:

- CD East Wrestling t-shirt
- CD East Wrestling shorts
- End of the year banquet ticket for each wrestler
- Entry fee to four tournaments:

Checks made payable to *CD East Wrestling Association*. Registration fees are non-refundable. Cash, check, and credit/debit cards accepted.

**PRACTICE:** Practices will be held in the CD East Middle School wrestling room approximately 2 – 3 nights a week from 6:00pm – 8:00pm. Practice gear should consist of shorts, t-shirt, and wrestling shoes. Headgear is optional. Singlets will be provided for matches and tournaments.

For questions, contact Coach Jeremy Plague at 717-585-5982 or at [jeremyplague@rocketmail.com](mailto:jeremyplague@rocketmail.com).