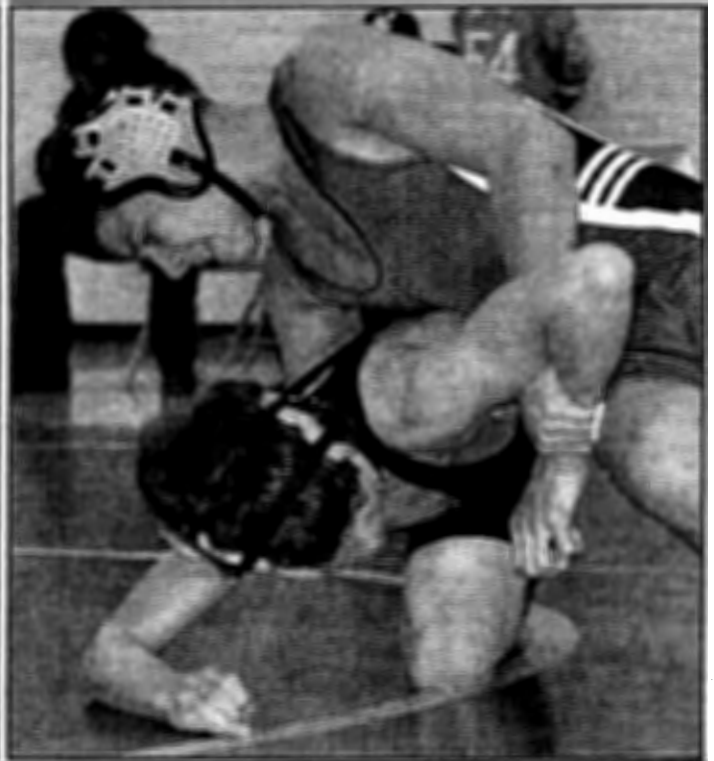
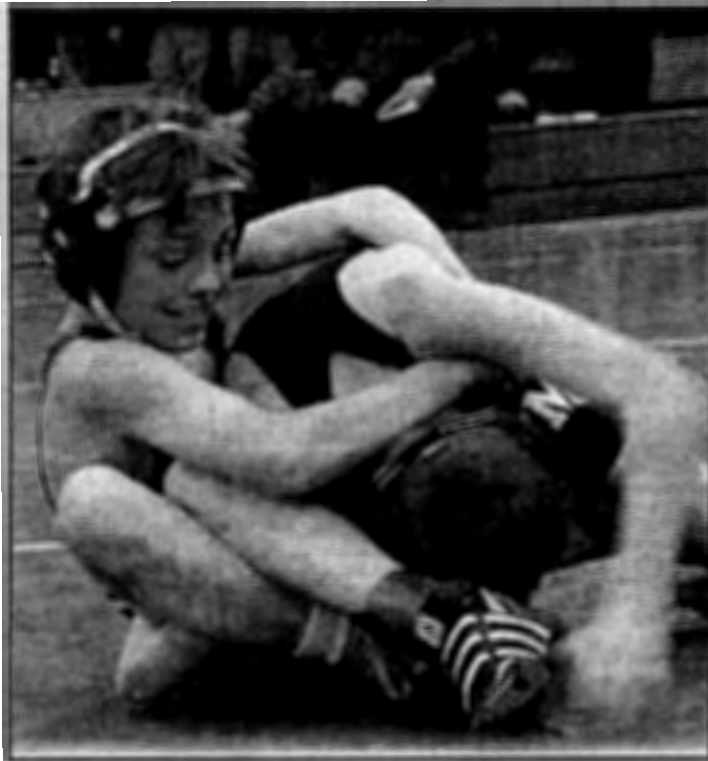


October

2016 Winter Season

## ***Diocese of Toledo CYO Wrestling***

- Improves quickness, mental toughness, agility and power.
- Boosts self-confidence and the belief that anything is possible.
- Develops integrity, discipline, a strong work ethic and life skills.
- Teaches athletes how to respect themselves and others.
- Promotes excellence and encourages athletes to set goals.
- Establishes accountability because the athlete alone is responsible for the outcome.



Runs from Monday, October 31<sup>st</sup> through Monday, December 19<sup>th</sup> for 4<sup>th</sup> through 8<sup>th</sup> grade boys

Practices are on Mondays, Wednesdays and Thursdays from 6:00pm to 7:30pm.

Training held at the Fox Fire Wrestling Club, located at 6222 Merger Drive in Holland, Ohio (*just past Team Sports & Honey Baked Ham*) which is located less than one mile south of the Monsignor Schmit CYO Athletic Complex

For more information on the FoxFire Wrestling Club, please visit their website:

**<http://www.foxfirewrestling.com/>**



# WRESTLING

## 2016 Winter Season Information

### **Who is eligible?**

Any boy currently in grades 4-8 who is a member of a Catholic parish and/or its educational system.

### **Where is the location of the program?**

Fox Fire Wrestling located at 6222 Merger Drive, Holland, Ohio (*just past Team Sports & Honey Baked Ham*) which is located less than one mile from the Monsignor Schmit CYO Athletic Complex off of South Holland-Sylvania Road.

### **When is the season this year?**

The season will begin on Monday, October 31<sup>st</sup> and conclude on Monday, December 19<sup>th</sup>. Practices will be held on Monday, Wednesday and Thursday of each week from 6:00 PM – 7:30 PM. That's 21 practice sessions!

### **Who will coach in the CYO wrestling program this year?**

CYO certified coaches from Fox Fire Wrestling will coach the practices this season. However, anyone who is interested in coaching and is CYO certified will be encouraged to help and will be trained by the FoxFire Wrestling Club staff.

### **How will the program be designed for this season?**

- Introduce kids and families to the sport of wrestling in a CYO Christian environment;
- Mentor CYO certified coaches to become CYO wrestling coaches;
- Practice as one CYO based team;
- Match wrestlers of like size, weight and experience at practice sessions;
- Multiple participants at a given "weight class" will result in more practice partners;
- Participants will all wrestle at their "natural" weight;
- Participants will be taught about healthy nutrition and proper hygiene;
- There will be outside wrestling competition opportunities presented. However, these will be over and beyond the Diocese of Toledo CYO registration fee and will have additional fees.

### **What are the key dates for this NEW CYO program?**

- Monday, October 10<sup>th</sup>: Open Registration
- Week of October 24<sup>th</sup>: Welcoming Events – come check it out!
  - o 6:00-7:30pm Monday, Wednesday and Thursday
- Monday, October 31<sup>st</sup>: Practice begins @ 6:00 PM  
(t-shirt, shorts and either wrestling shoes or a clean pair of tennis shoes)
- Thursday, November 24<sup>th</sup>: Thanksgiving / NO Practice
- Monday, December 19<sup>th</sup>: Final practice and fun night

### **How do I register my son for this CYO wrestling program?**

To register, all participants must submit the following to the CYO office (not to the parish or FireFox) (*all found on CYO website [www.toledodiocese.org/CYO](http://www.toledodiocese.org/CYO)*):

- CYO Player/Parent form (signed by doctor);
- CYO Emergency Medical Form;
- Concussion Awareness Form signed
- \$75 check made payable to CYO (Registration may be sent or dropped off in person to CYO, 1933 Spielbusch Avenue, Toledo, Ohio 43604 (419-244-6711, ext. 4932)