

Let's Sweat, have some Fun, and Learn

The focus of every practice and a good pattern for life: work, have some fun & learn along the way.

Tournaments

Weigh-ins on Wednesdays at practice. Cost ~\$15 per tournament. Parents register their kids via [TrackWrestling](#) by Wed each week – Be sure & select **Victory Wrestling** as your team and have your **USAW Card #** handy.

Parents bring children to tournaments & look after them between & after matches. Wrestling gear encouraged - we'll have options to order Victory gear soon. Coaches will coach kids and be in the corner for as many matches as possible.

Junior High Duals (16-Dec): Team competition for weights from 75lbs up to 265lbs. No age minimum. Victory Coaches will select the team & invite wrestlers to participate.

Rec League State (22-Dec): For 1st & 2nd Year wrestlers only

Beehive Brawl in Richfield, UT (19-20 Jan): We are looking at a group rate for a hotel in Richfield, but would need at least 10-12 rooms booked at that hotel. Let us know of interest.

Hygiene Notes

Keep nails short to prevent cuts, shower after practices & wear clean clothes to each practice. Stay away from practice if your wrestler is running a fever or has a bad cold or illness.

No Practice in case of CH Grizzly Dual Meets

Practice Times: K-4th - 5:30-6:30 p.m. 5th-8th 6:30-8:00 p.m.

Under Teach, Over Drill

Per Purler Wrestling, "Wrestlers score 90% of their points with 10% of the moves." We'll teach kids core moves that bring success & use focused & situational drilling so wrestlers can hit those moves consistently in any match.

This Season's Wrestling Skill Focus → Control, not Speed

USA Freestyle Wrestlers won World Championships this year by staying in control & using powerful, but basic attacks.

- [Kyle Snyder](#) → down-block, go-behind to secure a win with under 40 seconds remaining
- [Jordan Burroughs](#) → double leg with ~40 seconds left to increase his lead to 3pts & seal his victory

Use our Website to Learn more about Victory Wrestling

<http://www.victorywrestlingclub.com/victorywrestling>

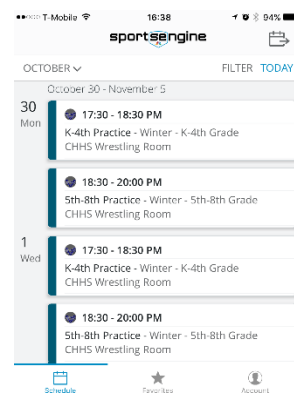
- Team Guidelines & Wrestling Overview
- 5 Pillars of Victory Wrestling
- How to Use the SportsEngine App to get linked to Victory Wrestling for notifications

Volunteers lead to club success !!! 😊

- Brandy Tenney is Victory's Team Mom
brandywineslc@yahoo.com - (801) 647-6045
- Let Brandy or coaches know if you're looking to help:
- For example: Mat Mopping Coordinators, Facebook Managers & Website Editors, Photographers, etc.

Schedule changes will be announced by Team Coaches

Download our Team App (by SportsEngine)
to follow team updates, especially
practice / tournament dates and any
changes



Victory Wrestling
Website



SportsEngine
Team App

