

THE TAKEDOWN

The latest news and updates from Anoka Youth Wrestling



ANOKA WRESTLING



A LOT OF UPDATES THIS WEEK!

No Practice Tuesday December 3rd!

Picture Day

Picture Day is on December 4th

3rd-8th Grade: Arrive at 5:45pm pictures to start at 6:00pm

Pre-K-2nd Grade: Arrive at 6:30pm pictures to start at 6:30pm

Group Photo: 6:45pm

Please remember to bring your wrestling shoes!

Shirts, shorts, and socks will be distributed upon arrival.



PLEASE BE ON TIME!!

Click the camera for order forms

Fundraiser - Heggies Pizza

Minimum of 10 pizza's sold per family

Top 2 sellers win personalized warm- up

Money Due January 7th

Pizza Pick up January 21st during practice



Click the pizza for order forms

Anoka Wrestling Gear & Singlet Orders

Singlet orders anoka.jrwrestling.com

Call Jeff with any questions: 612-676-3933

(\$50 vouchers for jr wrestling only, expire date Dec. 31st)

IMPORTANT DATES:



**December 4th
Picture Day**



**December 19th
Youth Night
Please arrive at 5:45pm**



**December 31
Gear Vouchers Expire!**



**January 7th
Heggies Pizza
Orders & Money Due**



**January 21st
Heggies Pizza
Pizza pick up
during practice**



**January 31st
Anoka Wrestling
75 Year Celebration**

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Sign Up For DIBS!

Sign up for DIBS today!

DIBS dates are Feb. 1st and 2nd only.

If you are unable to attend please reach out to our Volunteer Director, Nicole Altringer AS SOON AS POSSIBLE!

8 CREDIT HOURS ARE REQUIRED



Click the check-mark to sign up for DIBS

Youth Night - Celebrating 45 years!

Anoka Youth Wrestling is celebrating 45 years, December 19th

Youth wrestlers please arrive by 5:45pm.

Anoka Youth Wrestlers get the opportunity to run in before the High School Wrestlers.

Please stay and enjoy a great night of wrestling!

Anoka vs. Maple Grove vs. Robbinsdale Cooper

Tri-Wrestling at it finest

Friendly Reminders. . . .

- No Running up and down the hallways, please!
- No playing in the weight-room. Doors are open for drinks only!
- Please no roaming the school. Parents, wrestlers and kids need to remain in the wrestling room or in hallways near by.

Competition Team takes 4th Place at Hastings Tournament



LOCAL TOURNAMENTS:

Pre-K - 2nd Grade:

December 8th

Andover State Qualifier

Andover High School

Weigh-Ins: 9-10AM: 6U,8U,10U

9-11AM: 12U& 14U

Wrestling begins at 11AM

Admissions: \$15- wrestlers

Wrestling cards required

\$5.00- Adults

\$3.00- Students & Seniors (60+)

FREE kids under 5

3rd- 8th Grade:

December 8th

Andover State Qualifier

Andover High School

Weigh-Ins: 9-10AM: 6U,8U,10U

9-11AM: 12U& 14U

Wrestling begins at 11AM

Admissions: \$15- wrestlers

Wrestling cards required

\$5.00- Adults

\$3.00- Students & Seniors (60+)

FREE kids under 5

Tournament Info & Calendar:

<https://theguillotine.com/open-tournament-calendar/>



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Meet Team Head Coach: Steve Bizal



Wrestling since the age of 5, Coach Bizal brings our club a tremendous amount of wrestling knowledge and coaching experience. Previous to being Team Head Coach, he was an assistant coach for both Pre-K-2nd grade session and 3rd-8th grade session, currently is head wrestling coach at St. Stephens Catholic School, assistant coach for ARAA Youth Football and also involved with ARAA Youth Outdoors. Coach Bizal has a natural ability to connect with youth, to motivate them and inspire them. He's attentive to their needs, knowing when to push them and knowing when they need to step back and take pride in their accomplishments.

Through Coach Bizal's words and actions, he has gained the trust and respect from not only his wrestlers but parents as well. He works diligently and with pride to enrich and strengthen the confidence of each wrestler. There is no one single attribute that an excellent coach possesses. A true champion and an excellent coach, Coach Bizal walks the walk when it comes to wrestling.

BUT, Coach Bizal doesn't work alone..... the man you see at practices and tournaments, that's his father, Mike Bizal. Mike brings a little competitive spirit to each event he attends. He's not the typical dad/grandfather that is in attendance to cheer loudly for his grandchildren or give non-stop coaching advice to his son. Nope, he's there to help coach and is committed not only to wrestling but athletics in general. He knows and appreciates the history of wrestling. In a way, he is our official "unofficial volunteer coach." Thank you Mike Bizal for your commitment to our club!

"To get better you have to step out of your comfort zone. You can't do the same things you've always done & improve."
-Jordan Burroughs



Mike Bizal
Coach Steve's Dad