

CYO Wrestling Information

St. Michael Offers CYO Wrestling to all male wrestlers in Pre-K through 8th Grade. Practices will start the first week of January (January 2nd for Cadet 3rd for Little guys. All Wrestlers must have a physical to participate. Cadet January 3rd for Cadet)

Pk-4th Grade (Little guys) Wrestling Fee is \$50

5th-8th Grade (Cadet) Wrestling fee is \$75

St. Michael Wrestling Group Descriptions

White Group: The White level practices are where all wrestlers Pre-K through 2nd grade begin. These practices are focused on teaching the fundamentals of wrestling in a fun and noncompetitive atmosphere. This group contains wrestlers who have 0-2 years experience or are not ready to wrestle in a competitive atmosphere. Practice will be on Tuesdays and Thursdays from 6-7pm in the Ritter Blockhouse next to the football field.

Red Group: The RED practices are suited for wrestlers 2nd - 4th grade who are ready to practice in a competitive atmosphere. Wrestlers in this group have been invited by the St. Michael Coaches to participate in the group. They are generally expected to have a fundamental grasp of the rules of wrestling and a basic technique skill set. Red group wrestlers will generally have 1 or more years experience in the sport of wrestling. BOTH White and Red Groups will be coached by Scott Taborn, Lamarr Davis, Kevin Hicks and Dan Adams. Practice will be from 6:45 to 8pm in the Ritter Blockhouse.

Grades 5-8 will participate on the St. Michael CYO Varsity Cadet Group coached by Derek Lewis, Dan Adams and Micah Ackelson. Practices will be Monday, Wednesday and Fridays from 6-8pm.

Wrestling Contacts

Please contact Mike Cmeheil at stmikesfootball@aol.com or 317-557-2801 or Dan Adams dradams3@gmail.com 317-358-7986 with any questions. Please send your son's name and grade if he is interested in wrestling this season. I will then send you additional information. Registration and payment will be done electronically