

Elementary and Middle School Wrestling Program at Cretin-Derham Hall High School



Boys in grades 3 through 8 are encouraged to participate in this 10-week program. We will practice at Cretin-Derham Hall and compete in the North Suburban Parochial School League.

Purposes of the Program:

- To have FUN!
- To introduce kids to the basics of wrestling.
- To enhance general athletic ability by learning wrestling techniques.

Initial Practice Dates and Sign Ups:

- Thursday, January 12th from 6:30pm to 8:00pm in the Cretin-Derham Hall Wrestling Room
- Tuesday, January 17th from 6:30pm to 8:00pm in the Cretin-Derham Hall Wrestling Room
- Thursday, January 19th from 6:30pm to 8:00pm in the Cretin-Derham Hall Wrestling Room
- Tuesday, January 24th from 6:30pm to 8:00pm in the Cretin-Derham Hall Wrestling Room
- Practices will continue one day a week on Tuesday or Thursday depending on match schedule.

Matches:

- Event schedule will be available during the second week of practice.
- There will be one match per week through February and March.
- Matches will typically be on Tuesdays or Thursdays, and we will practice on the other day.
- There will be an end-of-the-season weekend tournament in late March (date to be announced).

Contact with Questions:

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