

# **\*Be the Best, be part of Team Hard Rock**

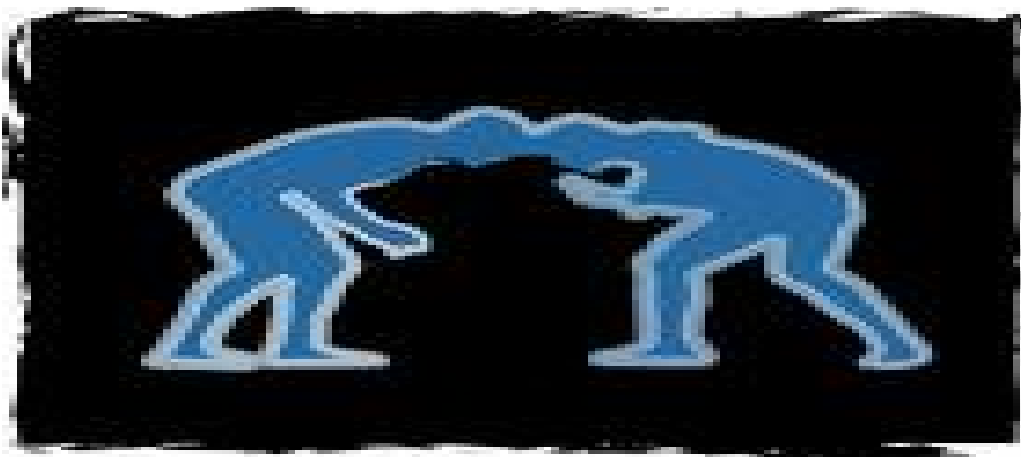
**\* Rockhurst little kids wrestling club and high school feeder program. For grades 2<sup>nd</sup> to 8<sup>th</sup> grade.**

**Your son will:**

- **have more self confidence**
- **have more physical strength**
- **have better conditioning**
- **have more balance**
- **have more self discipline**
- **have more flexibility**
- **be more physical on the field**
- **have quicker decision making skills**
- **have more personal contacts at Rockhurst**
- **and will have physical defense skills that will last a lifetime**

**Coached: by the Rockhurst high school wrestling coaches and team hard rock parents.**

**Enrollment:** Starts right after football ends. Enroll any time the first two of weeks of practice. Practice and signups start Tues Nov 10<sup>th</sup> at 6pm in the Rockhurst wrestling room. (2<sup>nd</sup> floor of Loyola building)



# **Join Team Hard Rock !**

**Cost:** \$100 per person+ \$45 refundable singlet rental (fees are inclusive of insurance and state membership fees.

**Practices:** Tuesday and Thursday from 6-8 pm first practice is Nov 10, 2009, Parents do not have to attend practices or meets but encouraged to do so. Practice days may change over the course of the season because of high school dual meets.

**Meets:** Meets are held on weekends Dec though March. You choose which meets to attend. Cost per meet is \$ 15

**Questions:** please call: Coach Steve Lueck 816-529-4830  
Coach Bob Oppold 913-826-8873  
Team Manager: Shelley Kelly 913-522-3352

**“Once a person has wrestled, everything in life is easy” Dan Gable.**