



Polar Bear Cubs – Intro to Wrestling *Hortonville Wrestling Club (HWC)*

Details:

- Introduction to wrestling
- Basic skills, tumbling, body control
- Beginning wrestlers in 4K – 1st grade
- Basic positions of neutral, referee's position top/bottom

Practices:

- Hortonville High School upstairs wrestling room

Dates/Time:

- Mondays from 6-7pm
 - November 6th, 13th, 20th, & 27th

Cost:

- Free to eligible HASD area students

Registration open thru November 6th, 2023:

- Open to Hortonville Area School District students
- Register at <https://hortonvillewrestling.com> or Scan:



Apparel:

- T-shirts & shorts
- Wrestling shoes/clean athletic shoes (no street shoes)

Contact Information/Additional Details:

- Website: www.hortonvillewrestling.com
- E-mail: HWCPolarBears@gmail.com
- Call/Text 920-249-6454 with questions
- Follow Hortonville Wrestling on Facebook

