



# Wrestling

# GRIND WRESTLING

## Lambert Youth, Middle School/JV Wrestling 2020-2021 Season

**Mission:** Our Mission is to introduce the great sport of wrestling and also to produce great youth and middle school wrestlers that can transition into great high school wrestlers. This season is not like any other we've encountered in the past. Some things at the high school level have put a stress on our facilities. So we are still working on that plan. So some things are in the air but our goal still remains the same.

**Option 1:** Introductory Wrestling at Lambert High. Designed for beginner to intermediate wrestlers in grades 3rd -8<sup>th</sup>. This will be 3 nights a week. Starting last week of October 26<sup>th</sup>; finishing at December break. The goal would be to attend 2-3 beginner tournaments and 2-3 weeknight matches. the first week practices are at Lambert on Monday and Wednesday. Then Mondays and Thursdays at The Grind and Wednesdays at Lambert. Cost \$175; includes Shorts and Tee Shirt.

Register at [www.lambertwrestling.com](http://www.lambertwrestling.com)

Click here for [Calendar](#)

At the conclusion of this introduction season you will have the option to continue wrestling with The Grind Wrestling Center (membership required/additional).

**Option 2:** The Grind Wrestling Center; 5510 McGinnis Ferry. We encourage all of our experienced wrestlers that are looking for a more structured environment with more competition and tournaments to take advantage of The Grind Wrestling Center. This option we feel will produce the best wrestlers coming into high school.

[Frankmillsap@gmail.com](mailto:Frankmillsap@gmail.com) or <http://www.thegrindwrestling.com/program.html>

**Option 3:** JV Wrestling for 8<sup>th</sup> graders. 8<sup>th</sup> grade wrestlers are allowed to be on Junior Varsity. This is what we recommend for all 8<sup>th</sup> graders. These practices are M/W 4-6pm, Tu/TH 6am, Friday's vary. In the PM practices we try to parent carpool to LHS ASAP. In the AM we bus back to the middle schools. 8<sup>th</sup> graders are not allowed to check out early for competitions per FCBOE policy (which is only an issue a couple times a year). This option will have all expectations for wrestlers and parents as high school (attendance, fundraising, volunteering, etc..). The cost; \$150 Clothing + \$250 player fee. Get additional information at [www.lambertwrestling.com](http://www.lambertwrestling.com) for High School Wrestling view the calendar and schedule.

For any and all questions email:

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