



Stillman Valley Wrestling Club

Registration: Saturday, October 1st, 10:00 AM-2:00 PM
@ DJ Park (next to the Jr. Tackle scoreboard)

The purpose of SVWC is to promote interest in the sport of wrestling among the parents and youth of Stillman Valley and surrounding areas, and to teach the strong fundamentals of competitive wrestling, while developing a cohesive team atmosphere. This is accomplished by providing opportunities and emphasizing goals difficult to achieve in other activities. Participation in athletic activities should be an enriching and rewarding experience in which physical, mental and social growth, are stimulated through healthy competition.

SVWC is open to all kids K-8th grade. Proof of age required for all first year wrestlers.

The regular season runs from the beginning of November through the end of February. All practices are held in the wrestling room at the Stillman Valley High School.

Registration Fee includes: SVWC Membership, USA Wrestling Card, and SVWC T-Shirt
\$60.00 per wrestler - \$50.00 each additional child - \$50.00 Refundable Uniform Deposit

For more information visit www.stillmanvalleywrestling.com or contact 815-262-4801

"Once you've wrestled, everything else in life is easy."

Dan Gable - Olympic Gold Medal Winner and Wrestling Legend

It's NEVER too late to start...

Learning through experience can take time but it is reasonable to think that a season of wrestling can have a positive impact in at least one of the following areas with even the first year wrestler.

- Self-Reliance
- Self-Discipline
- Self-Confidence
- Self-Respect
- Respect for Others
- Responsibility
- Work Ethic
- Competitive Spirit
- Goal Orientation
- Mental Toughness
- Drive and Determination
- Camaraderie and Sportsmanship

Sanctioned by:



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