



Kindergarten - 4th Grade Wrestling 2023

Singlets:

The wrestling singlet you will be using is a rental. Please have your child's singlet cleaned and washed when it is turned in. Starting January 5, 2023, a charge of \$39.95 will be put on your Legacy Center account for any singlets that have not been returned.

Singlet Sizes:

4XS – 40-54 lbs.
3XS – 55-74 lbs.
2XS – 75-94lbs.
XS – 95-114 lbs.
S – 115-134 lbs.
M – 135-159lbs.
L – 160-190 lbs.

Practices:

- Parents with children in Kindergarten-1st grade will need to stay in the gym with their children during all practices.
- Due to sanitary purposes, children without wrestling shoes **MUST** wear socks in order to participate. We recommend wrestling shoes if possible. Socks with grip on the bottom are a nice alternative.
- At the end of the 6:45 pm practices the mats need to be rolled up and put in the overhead slings. Parents, **PLEASE** help put the mats into the slings. No children will be allowed in the gym when the mats are being raised or lowered for safety purposes.
- We have an instructor that will lead the practices and we ask that parents help assist during practices if they are able to.

Tournaments:

- The Lehi Legacy Center will host two inter-squad tournaments for our wrestlers throughout the season. The emphasis will be on improvement, not on winning. Meets are officiated by Skyridge and Lehi high school wrestling teams.
- Match-ups will be determined by weight. This does mean a younger child could potentially wrestle an older child. Both meets will be based on weight, not age.
- **Participants must participate in at least one practice to qualify for the first meet and a minimum of three practices for the second meet. Please check-in with the Site Supervisor as you enter the gym each week.**

Schedule: Practices are held on Monday nights at the Lehi Legacy Center (123 North Center St.)

October

2nd - Practice (North Gym)
K-1st: 5:30-6:30pm
2nd-4th: 6:45-7:45pm

9th - Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:45-7:45pm

16th - Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:45-7:45pm

**23rd – No Practice Due to
Fall Break!**

October

**30th - Inter-Squad Meet
EVERYONE: 5:30pm**
Arrive early to get a good seat.

November

6th - Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:45-7:45pm

13th - Practice (North Gym)
K-1st: 5:30-6:30pm
2nd-4th: 6:45-7:45pm

20th - Practice (North Gym)
K-1st: 5:30-6:30p7
2nd-4th: 6:45-7:45pm

November

**27th – Inter-Squad Meet
EVERYONE: 5:30pm**
Arrive early to get a good seat.

December

1st -20th - Return your washed singlet to the Legacy Center Registration Office Mon-Fri, 8am-6pm.

January

5th –\$39.95 will be charged on your Legacy Center account if your singlet has not been returned.