



2024/2025 Season

- K through 8th graders of all skill levels are welcome
- Learn the fundamentals of wrestling in a fun active environment
- No experience needed
- 2 practices per week on Monday's and Wednesday's 5:30 pm to 6:30 pm for K-3rd with 2 years or less experience
- 2 practices per week on Monday's and Wednesday's 6:00 pm to 7:15 pm for 4th -8th graders (Coaches will evaluate skill level to place wrestlers in appropriate practice group)
- First Practice: November 11th
- Last Practice: February 26th
- Cost for season: \$75 (doesn't include cost for singlet/apparel/tournament fees).
- Try one practice for free! (then \$10 per drop-in fee after)
- Tournament singlets and apparel will be available for purchase
- Practices are held at Creighton Prep High School wrestling room
- Park on west side of school or northwest lot and enter through the North Mullen Gym doors on the north side of the school (by the baseball field entrance)
- Bring own water bottle and wrestling shoes (some extra pairs in room)
- Parents have option to stay (bleachers to sit on) or drop off
- Email Head Coach: Matt Nulty at mnulty2@gmail.com or Andrew Fisher afisher@creightonprep.org if interested or have questions

Sign up for Little Jays Wrestling here: <https://forms.gle/U47C4bPtJoVM7amRA>