

North Metro Fury Freestyle & Greco



Wrestling is a great sport that, though little known, has many benefits for those who participate. It provides full body exercise, improving strength, balance, agility, and flexibility. It also teaches valuable lessons, such as discipline, self-reliance, sportsmanship, team work, and work ethic. This sport allows all sizes of kids to participate and be successful. The North Metro Fury FS/Greco program is dedicated to bringing the benefits of freestyle and greco-roman wrestling to the North Metro area.

NO EXPERIENCE IS NECESSARY!

Practice Times (Groups may be combined if #s not sufficient)

Mondays & Thursdays at Blaine HS– PreK-5 6:00pm-7:15pm

Grade 6-12 7:30pm-9:00pm

Cost

Cost is \$50. Make Checks payable to Blaine Wrestling. Must also sign waiver to participate. Sign up before 3/5 and save \$10 on your registration, or bring in a friend and both of you save \$10 on registration any time! USA Wrestling card (\$30) required for participation in competition, if you don't already have one. All active Blaine Wrestlers (PreK-12) participate for FREE! Donations are accepted to help defray costs.

Registration

Register at any practice. Register before practice begins by emailing Ben Moody at moody3402@hotmail.com to confirm your registration. Call Ben @ 763.639.3054 w/registration questions.

Coaching Staff

Adam Leiter

Reese Burnette

Ben Moody

Practices Dates

Monday	Thursday
3/8	3/11
3/15*	3/18*
3/22	3/25
3/29	4/1
4/5	4/8
4/12	4/15
4/19	4/22
4/26	4/29
5/3	5/6
5/10	5/13
5/17	5/20

*Note: On 3/15 & 3/18 both groups will practice together starting at 7pm-8:30

Participating Tournaments

Date	Type	Location
3/19	Greco	Eagan HS
3/20	Freestyle	Eagan HS
3/27	Freestyle	Owatonna HS
4/3	Freestyle	Eastview HS
4/9	Greco	Apple Valley HS
4/10	Freestyle	Apple Valley HS
4/16	Greco	Stewartville HS
4/17	Freestyle	Stewartville HS
4/17	Greco	MN/USA Junior State (Augsburg)
4/18	Freestyle	MN/USA Junior State (Augsburg)
4/23	Greco	Buffalo HS
4/24	Freestyle	Buffalo HS
4/30	Greco	Forest Lake HS
5/1	Freestyle	Forest Lake HS
5/7	Greco	Champlin Park HS
5/8	Freestyle	Champlin Park HS
5/21-23	Both	MN/USA Kids/Cadet State (MCTC Rochester)