

## WKAP ELEMENTARY WRESTLING

October 27, 2025

Dear Wrestlers and Parents,

Elementary Wrestling is being offered, through Wabasha-Kellogg Community Education, to children in grades K-6 beginning Monday December 1, 2025 - Tuesday, February 23, 2026.

Registration: It is helpful if you can be there on the first day, but you may join at any time. If your child signs up for the season please make every attempt to have them complete the season as this is part of being on a team.

Practices: From Monday December 1st, 2025 through Tuesday March 31 2025. Monday practices will be divided up into 2 levels. From 5:30-6:30 will be those new to wrestling (of all ages) and those not competing in tournaments. The second group on Mondays will practice from 6:30 - 8 pm. These are the wrestlers that are attending tournaments each weekend, competing in NYWA and MN/USA. Please refer to the attached practice schedule for dates and times. The second night of practice will be geared to those who are more interested in wrestling in competitions. If school is canceled, wrestling is also canceled.

Your child will be taught basic wrestling moves and rules, and will have a chance to live wrestle toward the end of daily practice. Try to make as many practices as you can and please be on time. We have tried to put together a schedule that keeps them competitive with other schools. We want all parents or guardians to attend the FIRST PRACTICE in order for them to know the rules and expectations of the season!!!

Uniform: Wear shorts and a T-shirt. Please keep your shoes and clothes clean! Wear gym or wrestling shoes, no street shoes or boots allowed! NO FOOD OR DRINK in the wrestling room.

Tournaments: We do participate in weekend tournaments if your child is interested. If they are not ready, don't sign them up. Talk to your coaches if you have questions about this.

Tournament Calendar - The Guillotine is a knowledgeable resource that provides tournament information each week. The calendar is under the Youth-Open Tournament Calendar.

<https://theguillotine.com/open-tournament-calendar/>

Friday January 9th, there is a home wrestling Invite to wrestle against Caledonia and LARP. Please come cheer on the team! We have a second home match against PEM on Thursday February 5th. We encourage all youth wrestlers and their families to attend.

If you have any questions, please call Bridget in the Community Education Office at (651) 565-3559, Ext. 6258. THANK YOU!!

To register - use this form - <https://forms.gle/MxGsHkRcLsyrNCqD8>

## WK Schedule 2025-2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov. 30	Dec. 1 5:30-6:30 6:30-8:00	Dec. 2 5:30-7:00	Dec. 3	Dec. 4 <b>FCLMC/Quad</b> (Away) V/JV	Dec. 5	Dec. 6
Dec. 7	Dec. 8 5:30-6:30 6:30-8:00	Dec. 9 5:30-7:00	Dec. 10	Dec. 11	Dec. 12	Dec. 13
Dec. 14	Dec. 15 5:30-6:30 6:30-8:00	Dec. 16 5:30-7:00	Dec. 17	Dec. 18	Dec. 19	Dec. 20
Dec. 21	Dec. 22 5:30-6:30 6:30-8:00	Dec. 23 5:30-7:00	Dec. 24 No School	Dec. 25 No School	Dec. 26 No School	Dec. 27
Dec. 28	Dec. 29 No School	Dec. 30 No School	Dec. 31 No School	Jan. 1 No School	Jan. 2 No School	Jan. 3
Jan. 4	Jan. 5 5:30-6:30 6:30-8:00	Jan. 6 5:30-7:00	Jan. 7	Jan. 8	Jan. 9	Jan. 10
Jan. 11	Jan. 12 5:30-6:30 6:30-8:00	Jan. 13 5:30-7:00	Jan. 14	Jan. 15	Jan. 16 <b>La Cr. / St. Chls.</b> (Away) V/JV	Jan. 17
Jan. 18	Jan. 19 No School	Jan. 20 No School	Jan. 21	Jan. 22 5:30-6:30 6:30-8:00	Jan. 23	Jan. 24
Jan. 25	Jan. 26 5:30-6:30 6:30-8:00	Jan. 27 5:30-7:00	Jan. 28	Jan. 29	Jan. 30 <b>Chat. / DE</b> (Away) V/JV	Jan. 31
Feb. 1	Feb. 3 5:30-6:30 6:30-8:00	Feb. 4 5:30-7:00	Feb. 5	Feb. 5 <b>PEM</b> (Home) V/JV	Feb. 6	Feb. 7
Feb. 8	Feb. 9 5:30-6:30 6:30-8:00	Feb. 10 5:30-7:00	Feb. 11	Feb. 12 <b>Team Sections</b> (TBA)	Feb. 13	Feb. 14
Feb. 15	Feb. 16 No School	Feb. 17 5:30-6:30 6:30-8:00	Feb. 18	Feb. 19 5:30-7:00	Feb. 20 <b>Indv Sections</b> (MCC)	Feb. 21 <b>Indv Sections</b> (MCC)
Feb. 22	Feb. 23 5:30-6:30 6:30-8:00	Feb. 24	Feb. 25	Feb. 26 <b>State</b> (Xcel)	Feb. 27 <b>State</b> (Xcel)	Feb. 28 <b>State</b> (Xcel)

Mar. 1	Mar. 2 No School	Mar. 3 No School	Mar. 4	Mar. 5 5:30-7:00	Mar. 6	Mar. 7
Mar. 8	Mar. 9 5:30-7:00	Mar. 10 5:30-7:00	Mar. 11	Mar. 12	Mar. 13	Mar. 14
Mar. 15	Mar. 16 5:30-7:00	Mar. 17 5:30-7:00	Mar. 18	Mar. 19	Mar. 20	Mar. 21
Mar. 22	Mar. 23 5:30-7:00	Mar. 24 5:30-7:00	Mar. 25	Mar. 26 <b>NYWA STATE</b>	Mar. 27 <b>NYWA STATE</b>	Mar. 28 <b>NYWA STATE</b>
Mar. 29 <b>NYWA STATE</b>	Mar. 30 5:30-7:00	Mar. 31 5:30-7:00	April 1	Apr. 2	April 3 <b>NYWA GIRLS</b>	April 4 <b>NYWA GIRLS</b>