



# ALLATOONA JR BUCS WRESTLING

2024-2025 Season



**Grades:** K-8<sup>th</sup>

**Season:** November-February

**Begins:** Monday, November 4th

**Days:** Mondays, Tuesdays, & Thursdays (6-8<sup>th</sup>)  
Tuesdays & Thursdays (K-5<sup>th</sup>)

**Times:** 6:15-7:45 PM

**Location:** Allatoona HS Wrestling Room  
3300 Dallas-Acworth Highway, NW  
Acworth, GA 30101

**Registration:** Registration Forms and Payment (PayPal) is available on our website.

**Visit our Website:** <http://allatoonabucs.com/jr-bucs-wrestling/>

**Cost:** \$260 (Single) \$200 (Sibling Discount)

**USA Wrestling Card:** \$40 (November 1-December 31, 2024)-  
If you plan on your child competing in tournaments.

**Visit for more info on USA Card:**

<https://www.usawmembership.com/login>

**Equipment Needed:**

Wrestling shoes, headgear (recommended), shirt, shorts, and singlet (if competing in tournaments)

**Contact:** Kyle Norred (Allatoona HS Head Wrestling Coach)  
Email: [kyle.norred@cobbk12.org](mailto:kyle.norred@cobbk12.org)

## Wrestling Builds and Teaches:

Character	Conditioning	Agility
Strength	Coordination	Respect
Speed	Balance	Confidence
Hard-Work	Toughness	Discipline

## Weight Classes and Age Divisions:

Wrestlers wrestle someone their same weight and age

## Practices:

Warm-Ups and Stretching

Technique: Learning moves, positions, and rules

Drilling: Practicing wrestling moves

Games: Having FUN while learning the sport of wrestling!! Games reinforce wrestling technique the athletes are learning in practice!

Practices are run by teaching wrestling fundamentals and making sure kids work hard. Lessons learned in these practices will help in other sports.

## Youth Coach:

**Head Coach:** Scott Roberts

**Contact:** [babyblus2k@yahoo.com](mailto:babyblus2k@yahoo.com)

“Once you have wrestled, everything else in life is easy.” ---Dan Gable

Visit our Website for more Info: <http://allatoonabucs.com/jr-bucs-wrestling/>