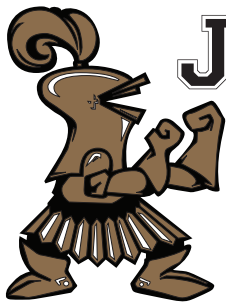


DELONE CATHOLIC JUNIOR HIGH WRESTLING 2019-2020



No Experience Required, Open to boys in grades 7th, 8th, 9th
Parent Night and Wrestling Sign-ups: (6:00 PM) Thursday, October 24th
in the DCHS Wrestling Room

Hi I'm Coach Chad Giraffa

Wrestling season is approaching fast! If you're new to Delone Catholic wrestling – Welcome! We are pleased to announce the development of a Junior High wrestling program. We are in the beginning stages of this program but are off to a great start.

This is my 3rd season as Head Coach at Delone Catholic. Our objective is two-fold: to develop character, and to develop wrestlers. By character we mean those traits that are necessary to be successful in middle school, high school, and life: faith, family, discipline, dedication, goal setting, and FUN. As wrestlers we focus on aggressiveness, technique, sportsmanship.

If you are new to the sport and have questions or have experience in the sport of wrestling, **Please join us Thursday, October 24th for parent night and wrestling sign-ups.** This will be a great time to meet you, ask questions and get to see the wrestling room.

Currently we are providing **Basic technique training, Open Mat drilling, conditioning, and games.** Held every Monday and Wednesday (3:30 – 4:30PM) starting October 28th. From beginner to experienced wrestler, all boys from 7th – 9th grade are welcome to join us. This is a great time to learn the basics of wrestling, make new friends, and get ready for our upcoming season.

We are excited for the season to start!

Thank you and please feel free to contact me with any questions or concerns.

Chad Giraffa
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