



OWATONNA WRESTLING 2016 – 2017

BUILDING A TRADITION OF STRENGTH



Weekly Youth Wrestling Update 2016.11.6

This year we plan to publish a Weekly Youth Wrestling Update, this is the first edition. You can expect to see this in your e-mail inbox Sunday evenings, on our website, and our Facebook page. The primary objective of this is to keep our Youth Wrestling Family informed of practice schedules, wrestling technique resources, upcoming events, upcoming competitions, youth wrestling results, and much more as this process matures.

This Week's Technique Corner -

Focus on wrestling basics including stance, position, motion, and heavy hands.



UPCOMING EVENTS		VIEW
NOV 19	Owatonna Wrestling Season Kick-Off Spaghetti Feed Sat 5:00p to 8:00p	
NOV 23	No School / No Practice Wed to 11:59p	
NOV 24	No School / No Practice Thu to Fri, Nov 25 @11:59p	
NOV 27	O-Town "Kids Classic" Folkstyle Double Point MN/USA Qualifier Sun 8:00a to 5:00p	
DEC 2	No School (K-8) / No Practice Fri to 11:59p	

This Week's Practice Schedules

Date	Time	Age	Location	Teams	Comments
11/7	n/a	n/a	n/a	n/a	NO School NO Practice
11/8	5:30 PM - 6:25 PM	PreK-5th	OHS	Lincoln & Washington/St.Marys	Technique Lower Intensity
11/8	5:30 PM - 6:25 PM	PreK-5th	OJHS	McKinley & Wilson	Technique Lower Intensity
11/8	6:30 PM - 7:00 PM	PreK-5th	OHS	Lincoln & Washington/St.Marys	Technique Higher Intensity
11/8	6:30 PM - 7:00 PM	PreK-5th	OJHS	McKinley & Wilson	Technique Higher Intensity
11/8	7:00 PM - 8:00 PM	PreK-6th	OJHS	Cheer	
11/10	5:30 PM - 6:15 PM	PreK-5th	OJHS	McKinley	Technique Lower Intensity
11/10	5:30 PM - 6:15 PM	PreK-5th	OHS	Wilson	Technique Lower Intensity
11/10	6:15 PM - 7:00 PM	PreK-5th	OJHS	Washington/St.Marys	Technique Lower Intensity
11/10	6:15 PM - 7:00 PM	PreK-5th	OHS	Lincoln	Technique Lower Intensity
11/10	7:00 PM - 8:00 PM	PreK-6th	OJHS	Cheer	

This Week's Open Tournaments

Date	Time	Age	Location	Teams	Flyer	Comments
11/11	4:30 PM	Prek-8th	Farmington	All 8th graders down	Click Here	\$10 Registration Fee
11/12	7:00 AM	PreK-8th	Rosemount	All 8th graders down	Click Here	\$12 Registration Fee

[Click Here to Visit THE Guillotine's youth wrestling calendar for more upcoming events!!!](#)