



OWATONNA WRESTLING 2016 – 2017

BUILDING A TRADITION OF STRENGTH

Weekly Youth Wrestling & Cheer Update 2016.11.13



Page 2 contains this weeks practice & open tournament options!!!

REMINDER - Season Kick-Off Spaghetti Feed is this Saturday Night!!!

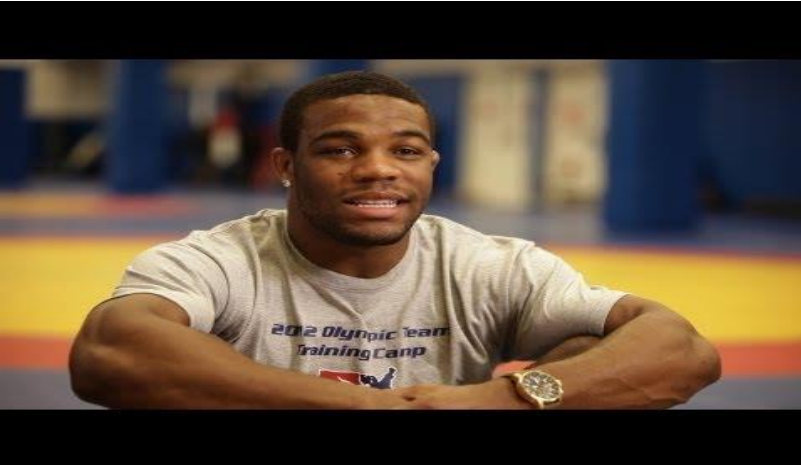
This Week's Technique Corner - Focus on wrestling basics continues including stance, position, motion, and heavy hands. Working our way into the arm drag to a double leg takedown and continue to work on our snap down go behind series.

John Smith discussing stance, position, and motion



UPCOMING EVENTS		VIEW
NOV 19	Owatonna Wresstling 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	

Check out the doubles from Jordan Burroughs Olympic Champion Pop, Snap, and Go-Behind Drill



Visit us on the web at www.OwatonnaWrestling.com or search for Owatonna Wrestling on Facebook!



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This Week's Practice Schedules

Date	Time	Age	Location	Teams	Comments
11/14	5:30 PM - 6:30 PM	PreK-1 st	OHS Wrestling Room	Team Owatonna - Termites	
11/14	6:30 PM - 7:30 PM	PreK-6 th	OHS Wrestling Room	Cheer	
11/15	5:30 PM - 6:25 PM	PreK-5 th	OHS Wrestling Room	Lincoln & Washington/St.Marys	Technique Lower Intensity
11/15	5:30 PM - 6:25 PM	PreK-5 th	OJHS Old Gym	McKinley & Wilson	Technique Lower Intensity
11/15	6:30 PM - 7:00 PM	PreK-5 th	OHS Wrestling Room	Lincoln & Washington/St.Marys	Technique Higher Intensity
11/15	6:30 PM - 7:00 PM	PreK-5 th	OJHS Old Gym	McKinley & Wilson	Technique Higher Intensity
11/17	5:30 PM - 6:15 PM	PreK-5 th	OJHS Old Gym	McKinley	Technique Lower Intensity
11/17	5:30 PM - 6:15 PM	PreK-5 th	OHS Wrestling Room	Wilson	Technique Lower Intensity
11/17	6:15 PM - 7:00 PM	PreK-5 th	OJHS Old Gym	Washington/St.Marys	Technique Lower Intensity
11/17	6:15 PM - 7:00 PM	PreK-5 th	OHS Wrestling Room	Lincoln	Technique Lower Intensity
11/17	7:00 PM - 8:00 PM	PreK-6 th	OJHS Old Gym	Cheer	

This Week's Open Tournaments

Date	Time	Age	Location	Teams	Flyer	Comments
11/19	8:00 AM	PreK-8 th	Northfield	All 8 th Graders down	Click Here	\$12 Registration Fee Coach Sorenson (651) 503-4679 Coach Schubert (507) 951-4223 Coach Townley (507) 210-8314 Car Pool/Caravan from OJHS Leaving at 7:30 AM, weigh-in 8:00 AM - 9:00 AM
11/19	8/9 AM	PreK-8 th	Apple Valley	All 8 th Graders down	Click Here	\$12 Registration Fee
11/20	10:00 AM	PreK-8 th	Augsburg	All 8 th Graders down	Click Here	\$12 Registration Fee
11/20	8:30 AM	PreK-6 th	Le Sueur-Henderson	All 6 th Graders down	Click Here	\$12 Registration Fee

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