



Pacific Little League Wrestling Club
Sign-ups

Who:

Boys and Girls interested in little league wrestling. **Grades 1-8 only.**

What:

The Pacific Little League Wrestling Club will be holding sign-ups at Pacific High School, in the cafeteria, on **Thursday, November 2nd**, from 5:30-7:30 p.m.

Why:

Wrestling is a sport that can drastically improve a child's physical capabilities. The sport builds body muscle, flexibility, and endurance. Wrestling also can help improve a kid's attitude and mental health. No sport teaches more about life and the ups and downs that go along with it quite like wrestling.

Our little league program serves as the building block to one of the most consistently successful programs at Pacific High School. In the past 20 seasons alone accolades include:

- 94 Class 3 Missouri State Qualifiers
- 35 Class 3 Missouri State Medalists
- 12 Class 3 Missouri State Finalists
- 5 Individual Class 3 Missouri State Champions
- 10 Four Rivers Conference Team Championships
- 3 District Runner-Up Finishes
- 5 TOP TEN STATE FINISHES
- 2018 Class 3 District Championship
- 2019 Class 3 4th Place Team Finish

Come be a part of this winning culture!

What do you need?

- A **COPY** (not the original) of your child's birth certificate. This will be kept on file for age verification
 - Copies can be made at signups. Returners are already on file
- **Beginners (First or Second Year):** A \$50 check (made out to **Renegade Wrestling**) or cash for AAU registration and club fees

- **Experienced (1 or more years experience):** A \$70 check (made out to **Renegade Wrestling**) or cash for AAU registration and club fees
 - 2nd year wrestlers will have the option to train with the experienced group OR the beginners. NOT BOTH
 - **All 6th-8th graders will be in this group regardless of years of experience**

PRACTICES:

- Practices will begin on Monday, November 13th, in the Pacific High School Wrestling Room
- **The Experienced Group** will practice Mondays and Wednesdays from 6-7:30 PM with Coach Jesse Knott and Coach Brandon Wisdom
- **The Beginners Group** will practice on Tuesdays from 6-7:30 PM with Coach Warren Fiedler
 - **ALL Beginner Group wrestlers will be restricted to practices only**
- Club information and practice calendars will be available at Sign-Ups

COACHING STAFF:

- **JESSE KNOTT** (Pacific High School Head Coach, 3x Missouri State Medalist, 1x Missouri State Champion)
 - Email: jknott@mvr3.k12.mo.us Phone: (314)288-9160
- **BRANDON WISDOM** (2x Missouri State Medalist)
- **WARREN FIEDLER** (Missouri State Medalist)