

ORE CREEK MS WRESTLING PROGRAM

Calling all 7th and 8th graders that are interested in joining the Ore Creek Wrestling Program for the 2012 season. **NO EXPERIENCE IS NECESSARY.**

We take pride in turning athletes into outstanding wrestlers that will feed into the successful Hartland High School Wrestling Team. Coach Phifer's passion for the sport and excitable coaching style will help even the most timid novice wrestler. Experienced wrestlers can expect intense workouts that will push them to their limits and beyond.

Ore Creek Wrestling has had a successful program for many years; winning School based Middle School tournaments and boasting many individual champions from the Hawkeye Middle School Invitation held at Milford HS. Ore Creek also participates in the highly competitive Michigan Youth Wrestling Association (MYWA) Dual Team tournaments and has placed in the top 3 in the state of Michigan for the past 5 years.

You can find out more information about the Ore Creek MS Wrestling Team by coming to the Team OPEN HOUSE or by visiting the Hartland Wrestling Club web site. WWW.Hartlandwrestlingclub.com (Click on the Ore Creek MS Wrestling tab)

ADDITIONAL TRAINING:

Although the Middle School season begins in January. Athletes are encouraged to begin conditioning/training before that on their own. Again, although no wrestling experience is required to be a part of the Ore Creek team, getting a jump start on the skills needed to be successful are encouraged for the best experience for each wrestler.

Conditioning/training opportunities are available via The Hartland Wrestling Club (HWC) which allows you to take wrestling to whatever level you choose. Novice/NEW and experienced/advanced wrestlers that join HWC will learn drills, get live wrestling experience and will be conditioned for the start of Middle School season. More info on HWC will be shared at the Ore Creek Open House.

ORE CREEK MS WRESTLING TEAM OPEN HOUSE

Tuesday, November 8, 2011 6-7:30

**@ the Ore Creek MS Wrestling Room
NO WRESTLING EXPERIENCE NECESSARY**

Athletes and their parents interested in learning more about the Ore Creek Wrestling Team should plan to attend an ***Informational Night of Wrestling & Practice with Coach Phifer.***

Wrestlers will meet the Coach and run through a lite practice and drill demonstration with returning wrestlers. Parents will get team information on what to expect for the season, sign up for the team emails, find out about the Hartland MS Dual team's participation in the Red Arrow Classic in December, sign up for MYWA if you will be participating in the MS Wrestling State Finals or MS Duals, find out about HWC & how to begin training now.

Those new to wrestling should wear T-shirt, loose shorts (no metal) and socks. Returning wrestlers should wear singlets, head gear and wrestling shoe's.

Visit WWW.Hartlandwrestlingclub.com and click on the ORE CREEK MS Wrestling tab for more information.