

# Learn to wrestle Boulder United style!



**Boulder United Wrestling** is proud to announce its 14<sup>th</sup> year of operation and its ongoing affiliation with the Metro Junior Wrestling League.



Boulder United Wrestling, the only youth wrestling program in Boulder, teaches sound fundamentals in a systematic way that emphasizes teamwork, good sportsmanship, and fun. Wrestlers are actively discouraged from weight loss for competition.

We also help the veteran wrestlers advance to the highest level of competition. The experienced wrestlers will learn advanced takedowns, pinning combinations, and chain wrestling. Every wrestler has the opportunity to compete in weekend matches along with the regional and state tournaments.

## Who Is Eligible?

Boulder United Wrestling is open to any boy or girl from the age of five years old through 8<sup>th</sup> grade.

Whether you are a seasoned wrestler or have never wrestled before, Boulder United Wrestling has a spot for you. Unlike other sports, **all wrestlers get to compete** if they desire. There are no try-outs or limited playing time- everyone participates.

## Organizational Meeting

**An informational meeting will be held Monday, October 3, 2011, from 6:00pm - 7:30pm in the Fairview Library.** Coaches and board members will be on hand to answer questions.

## Boulder United Kick-Off Youth Camp

A technique camp for all area youth wrestlers will be held Sunday, October 16, noon-3PM in the Fairview wrestling room featuring coaches from Boulder United, Boulder High and Fairview.

## Preseason Conditioning & Training

Preseason training is available on Mondays at Boulder High and on Wednesdays at Fairview starting at 6pm on October 10, 2011. See our team Google calendar on our Web site for all practice and competition dates.

## First Official Practice & Practice Locations

The first official wrestling practice is (Tuesday) Nov 1. Monday night practices will be held in the Boulder High wrestling room (see map) and Wednesday night practices will be held in the Fairview High wrestling room. (See map) All practices start at 6pm.

## Boulder United Wrestling Philosophy

**Boulder United is a youth wrestling club dedicated to the betterment of Boulder's youth through wrestling.**

Wrestling not only builds strength and aerobic conditioning, it also fosters self-

confidence and character building. Through competition the wrestlers learn respect for their coaches, teammates, and opponents. Most importantly they learn to believe in themselves.



## Building Off Last Year's Success

With over 50 kids in last year's program ranging from 5-14 years old, at our Metro League tournament we had several trophy winners including one League champion, making a total of two League Champions in the past three seasons. We also had six wrestlers win 1st or 2nd place at the BVSD Middle School District tournament.

## Cost

The registration fee is \$90\* which includes bi-weekly practices, Saturday matches, a Boulder United Wrestling T-shirt, and use of the team singlets and uniforms.

\*Scholarships are available and are awarded based on financial need.



## Registration

- Simply complete and mail in the registration form with a \$90 check made out to "Boulder United Wrestling."
- Registration is also available by attending the first wrestling practice on October 26th or any practice thereafter.

## Can't Make All the Practices or Meets?

Unlike most team sports, a wrestler only hurts himself if he can't make a practice or a meet. The more practices and meets you attend, the better you will become. We understand that families occasionally have other commitments that affect your wrestler's ability to make a practice or a meet.

## Meets:

We have seven scheduled quad meets (against four other Metro League Wrestling Teams). The meets take place on Saturdays, typically early in the morning until early afternoon. In all, there are 32 other Metro League Teams that we will be competing against. The meet schedule begins November 5 with six more meets on 11/12, 11/19, 12/3, 12/10, 12/17 and 01/7. Meets are followed by the district, regional and state tournaments.

## Interested In Helping With Our Program?

Boulder United Wrestling is always interested in getting help from experienced wrestlers in the area and encourages fathers with wrestling experience to work with the coaches and become part of the Boulder United Wrestling family.

## Exposure to High School Coaching Staff:

Throughout the course of the season our kids will have the opportunity to be coached by high school wrestling coaches as they will be periodically dropping into practices to assist our program.

**Boulder High Coach, Glenn Kingsley**, a successful collegiate wrestler from Illinois, is in his 11<sup>th</sup> season coaching high school. Glenn's coaching accomplishments include coaching numerous state qualifiers, All-State, and eventual Division I national qualifiers and All-Americans.

**Fairview High Coach, Jim Lefebvre** is in his 14<sup>th</sup> year of coaching and is a former Arizona high school state champion, junior college All-American and PAC-10 champion for Arizona State. This is his 6<sup>th</sup> year at FHS.

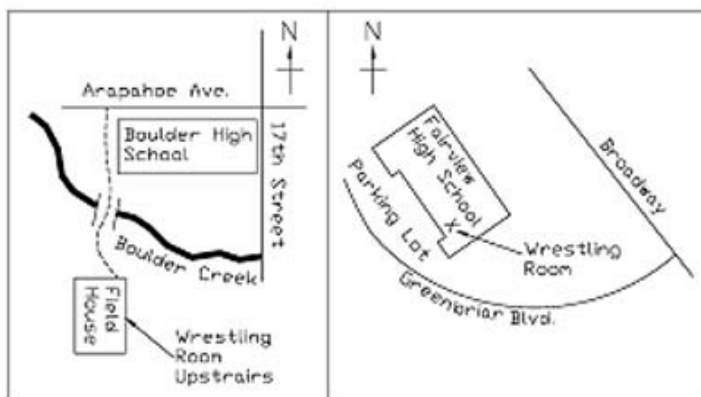
## The Boulder United Coaches

**RJ Mastic** is Boulder United's new head coach. He is a former Pennsylvania HS wrestler, a University of CU graduate and owner of the local business, Ecosystems. Coach Mastic has coached at the high school level and is excited to be heading up our youth program.

**Jeff Coleman** is a 4 year letterman in both football & wrestling, a Colorado state placer, a national freestyle tournament qualifier and wrestled at Western State University. He has also been an assistant coach for the Boulder United program the last three years.

**Rick Caldwell**, a second year BU coach and another Iowa wrestler, placed 2nd and 3rd at state in HS. He wrestled at the University of Northern Iowa. Rick also had extensive experience wrestling freestyle, where he represented Iowa in the Junior Nationals.

## Map to the Wrestling Rooms:



Boulder

Fairview

## Questions Please Contact:

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**Check us out at: [www.boulderunited.org](http://www.boulderunited.org)**