



Lion's Den Wrestling Club USA wrestling

Practice- First practice and parent meeting will be Monday March 24th at 6:00 pm. We will practice every Monday and Thursday from 6 pm to 8 pm until May 15th.

Age- Bantam: 2006-2007 Birth Year, Intermediate: 2004-2005 Birth Year, Novice: 2002-2003 Birth Year, Schoolboy 2000-2001 Birth Year, Cadet 1998-1999 Birth Year, Juniors Born September 1, 1994 & after, or enrolled in grades 9-12. Freestyle is not for novice kids. Wrestlers need to have wrestled minimum two years in the open division to participate in freestyle. They must also be old enough to compete in the tournaments.

Tournaments- We will be attending the following tournaments March 29th Yukon, April 5th Westmoore, April 12th Tuttle, April 19th Tulsa Union (National Team Qualifier), April 26th Putnam City, May 10th West Regionals @ Home, and the state championship @ Cushing on May 17th.

USA Card- Cards are \$35 and can be purchased at www.usawmembership.com

T-Shirts-We will take t-shirt orders at the parent meeting and first practice on Monday March 24th only. If you cannot make it, you can text or e-mail me your order before March 25th. We will not take late orders. T-shirts are \$20.

Cost- The cost to join the club is \$50 an athlete.

National Teams and Tournaments- Anyone wishing to wrestle at national tournaments or qualify for any of the national teams needs to be at the parent meeting on March 24th.

Coaching staff-

Brian Shelton- 3 year starter at OU, 2x State Champ, 4x Freestyle and Greco All American

Brandon Shelton-3x State Champ, 5x Freestyle and Greco All American

Nik Turner- NCAA Runner up for Oklahoma City University

Tanner Harris- Current head coach at Blanchard High School

Nick Abbott- Current Head Junior High and Assistant High School Coach at Blanchard.

Questions or Comments- Tanner Harris - tharris@blanchard.k12.ok.us or (405)213-3663