



## TITANS WRESTLING

The Ascension Titans are welcoming beginner and returning wrestlers at Dutchtown High School's wrestling room on Tuesdays and Thursdays from 6:00 pm –8:00 pm. Middle School and Kids Club will start at the same time this year. Middle School age groups consist of all kids in 6<sup>th</sup> – 8<sup>th</sup> grade and Kids Club age groups consist of pre-bantams (5yrs and younger) Bantams 6-7, Midgets 8-9, Novices 10-11, Schoolboys 12-13, and Cadets 14-15. Graduated weight classes in each age group assure matched size and weights within each two year class.

The annual fee of \$65.00, includes membership in USA Wrestling, secondary athletic insurance, and the opportunity to be coached and compete in tournaments during the Louisiana Kids Wrestling Season.

The Ascension Titans Wrestling Club is a USA affiliated non-profit organization dedicated to the promotion and provision of wrestling opportunities for athletes of all ages. The USA clubs are the recognized Olympic Development Program for wrestling across the country. The club is its tenth year of operation and provides competition based on age and weight for athletes in Ascension and surrounding parishes.

In its eight years of existence, the club has spawned three high school wrestling programs, a junior high program, and a Gold Medal kids wrestling program recognized at the national level. Wrestlers from the Titans club have competed in several national championships over the last few seasons with great success, contributing to seven All American place winners.

For more information contact Phil Bode 622-5752, or visit the Ascension Titans Website [www.wrestleup.org](http://www.wrestleup.org)