

2021 Quad County Youth Wrestling Information

Practice begins Monday January 11th

- Mondays at 7:00 pm in Granite Falls (YME Wrestling Room)
 - 1/11, 1/18, 1/25, 2/1, 2/8, 2/22, 3/1
 - *No practice on President's Day (2/15), there might be a makeup practice later that week.*

Fee: NO FEE in 2021

Tournaments/Matches: Nothing Scheduled yet

2021 Practice Guidelines:

1. Temperature check at the door, 100.3 or higher will be turned away immediately.
2. Wrestlers must have masks on as they enter the building, until practice starts, then they can be removed.
 1. Coaches will wear masks 100% of the time.
3. No parents or spectators allowed at practice. Wrestlers and coaches only.
4. Mats will be thoroughly sanitized before and after each practice.
5. Wrestlers will be using hand sanitizer before and after each practice.
6. Wrestlers will need their own personal water bottles. Fountains not in use but bottle fillers are available.

Coach's Contact Information:

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