

# ST. VINCENT de PAUL ROYALS WRESTLING 2015 (35<sup>th</sup> Season)



All boys (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade) interested in participating in the St. Vincent de Paul interscholastic wrestling program are welcome. ( New wrestlers welcomed )

**We will be practicing after school at St. Vincent's ('till 3:30) starting Tuesday, January 13<sup>th</sup>.**

*Complete practice and meet schedules will be handed out when the league schedule is out. The regular season dual meets will be scheduled on weeknights, with 5:30PM start times. The NSPSL varsity tournament is held toward the end of March*

*at Totino-Grace High School (the start of our spring break TBD).*

**Season: January 13<sup>th</sup> through \*March 28<sup>th</sup>**

*NSPSL final Tournament March 28<sup>th</sup>*

## Opening Practices:

**\*Tuesday, Jan. 13<sup>th</sup> \*Thursday, Jan. 15<sup>th</sup> \*Tuesday, Jan. 20<sup>th</sup>**

**\*Thursday, Jan. 22<sup>nd</sup> \*Monday, Jan. 26<sup>th</sup> \*Wednesday, Jan. 28<sup>th</sup>**

**\* Monday Feb 2<sup>nd</sup> \*Wednesday Feb. 4 \*Tuesday Feb 10 \* Wednesday**

**Feb 11 \* Monday Feb 16 \*Wednesday, Feb 18\* Monday Feb 23**

**\*Wednesday Feb 25 \* Monday March 2 \*Wednesday March 4 \***

Monday March 9 \* Wednesday March 11 \* Monday March 16 \*  
Wednesday March 18 \* Monday March 23 \* Wednesday March 25

1:45-3:30 PM @St. Vincent's gym.

*\*Our first dual meet projected to be in early February.*

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**Each participant must turn in a parent's permission form**

(See Mrs. Derksen in the office if you did not receive a form)

**and sports fee to the office before the opening practice.**

*Remember to dress for wrestling...*

(T-shirt, shorts/sweats, wrestling or gym shoes, headgear –optional)

Note: Wrestling shoes are not necessary in order to participate, although they are beneficial. Each wrestler may purchase headgear, although the school has them on hand if you do not wish to purchase, along with a limited amount of wrestling shoes.

Shoes and headgear can be found at most sporting goods stores.

**To St. Vincent de Paul student-athletes and parents...**

Those who sign-up to participate in the St. Vincent de Paul sports program have a commitment to their teammates, coaches and school for the entire sports season. No outside team (recreational, traveling, jr. Olympic, etc.) comes before our school teams. St. Vincent's coaches will do their best to work out conflicts,

as we know there will always be outside participation, but please keep in mind... **Royals are #1!**

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## **TEN GOOD REASONS WHY EVERY BOY SHOULD WRESTLE**

- 1) Wrestling provides recreation just as any other sport does.
- 2) It provides the physical exercise that growing boys need.
- 3) It brings more muscles into action than any other sport. It is the best sport for all around development that we have.
- 4) It is one of the few common school sports in which the "little boy" has a fair chance. Boys are matched according to weight.

- 5) It's individual character makes victory or defeat a personal matter. (Yet the team aspect is very important in wrestling. The individual competes for his team, as well as himself.)
- 6) Wrestling is obviously the greatest of all personal contact sports; It is a test of strength and endurance; condition and head-work; it aids in the development of self-reliance, perseverance and mental alertness.
- 7) It is one the safest of sports. In school wrestling, every hold or move which might endanger the life or injure a participant is absolutely prohibited and penalized.
- 8) It is the natural thing to do. It is just as natural for boys to wrestle as it is for fish to swim and birds to fly.
- 9) It is one of the best conditioners for other sports and is one of the best sports with which to remove awkwardness and to develop muscular coordination. It is good for football players, especially linemen, in that it helps develop quickness and strength against an opponent. It helps the track man to keep his muscles trim and pliable.
- 10) Wrestling is fascinating because many situations can be planned for. There is little of "chance" or "luck" or "accident". Results can be easily measured. It is fascinating because there is continual movement; there is constant change of position and new complications are coming up with every move.

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***Are there opportunities to wrestle after St. Vincent's, in high school?... YES!***  
*During the past 30 plus years over 400 boys have participated in the St. Vincent de Paul interscholastic wrestling program. More than 130 St. Vincent de Paul alumni have gone on to participate at the high school level. Best yet, not one has ever been cut from a high school wrestling team. Regardless of ability, all have been welcome!*

***St. Vincent de Paul's Wrestling Alumni Honors (High School)...***

*\*128 varsity letters earned. \*67 individual High School Region (Section) Place-winners! \*28 State Tournament qualifiers! \*9 individual State Medallists! \*5 State Finalists! \*3 Minnesota State High School Champions! \*2 All Americans! \*5 All State Academic Award winners! \*28 All Conference. \*14 team captains. Several more have participated on state tournament teams, with Totino-Grace or Osseo. \*6 former Royals have become college varsity wrestlers, including two Div. I scholarship winners.*

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*“WRESTLING... THE WORLD’S OLDEST SPORT!” “Some say running was first, but  
whom  
were they running from?...**WRESTLERS!**” /Jeff Blatnick, 1984 Olympic Wrestling Champion.*