

# Northbrook Maple Wrestling



Northbrook Maple Wrestling would like to welcome any and all 5<sup>th</sup> through 8<sup>th</sup> graders who are interested in wrestling from District 27, District 28, District 30 and District 34 Schools. Northbrook Maple Wrestling is dedicated to building and encouraging the sport of wrestling in Glenview and Northbrook. It is our goal to build character, physical wellbeing, sportsmanship, self-confidence, self-esteem, and positive attitudes about dedication, determination, and hard work among all of the student-athletes involved in this great sport.

All District 27, District 28, District 30 and District 34 Schools student-athletes will have the opportunity to join the Northbrook Maple Wrestling Team this year. There are no tryouts or "cuts" in wrestling.

## Northbrook Maple Wrestlers will:

- Learn the basic fundamentals of the sport of wrestling.
- Be provided a safe and positive atmosphere for learning the sport of wrestling.
- Have the full support of teammates and coaches throughout the season and beyond.
- Develop an understanding of the importance of discipline, hard work, and integrity.
- Be encouraged to set, work for, and reach their individual and team goals.

Interested parents and student-athletes are encouraged to:  
Attend the Informational Meeting on 11/29 from 7-8pm in the West Gym at Maple School

Check out the Northbrook Maple Wrestling Website:  
<http://www.district30.org/athletics/wrestling>

Scan the QR Code Below:



Or Contact Coach Kitt Kopach directly via email: [kkopach@district30.org](mailto:kkopach@district30.org)