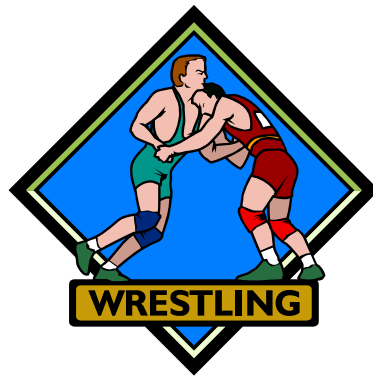


Apple Valley High School Wrestling In-House Youth Program

All students K-6 interested in wrestling are invited to participate in the Apple Valley High School In-House Youth program. Wrestling is a sport that teaches a strong work ethic, self-discipline, perseverance and self-confidence. The best thing about Apple Valley Wrestling is that everyone participates and there are no cuts and no try-outs. This philosophy runs throughout the entire program, from the youth programs through the high school teams.

At the high school level, the Eagle wrestlers have continued their remarkable run, as they remain a fixture at the state tournament. In the past 11 years, the team has hoisted 10 state champion trophies, running their total to 17. Individually, the team has had over 30 state champions. Apple Valley has also had 18 Academic All-State Wrestlers and two wrestlers who have earned the prestigious Triple “A” Award. Year after year during the past decade, the Eagles have been ranked in the top 20 in the entire country.



The Apple Valley High School Wrestling Team invites you to give this sport a try this year. The In-House season starts on January 26th and ends on March 13th. Practices and meets will be held on Tuesdays, Fridays and Saturdays during this time period. All practices and meets take place in the Apple Valley High School wrestling room. Participants will be grouped by age, weight, and ability levels in an attempt to ensure the best experience possible for the wrestlers. For more registration information, check out the wrestling website at: <http://www.eteamz.com/valleywrestling/>