



Now that the football season is winding down, what are you going to do all winter? Sit on the couch and play Madden 10 ? How about getting a jump on next years' football season by joining the Chaska Stallions Wrestling Club! You may not know this, but wrestling is a perfect compliment to football in that it gets you in great shape, teaches you how to use your body more effectively, will increase your flexibility, and will increase your all around athleticism. Many NFL stars state that wrestling helped them develop skills that greatly helped in their football careers. Just to mention a few: **Ronnie Brown, Rhonde & Tiki Barber, Tedy Bruschi, Roger Craig, Larry Czonka, Dan Dierdorf, Bo Jackson, Ray Lewis, Ronnie Lott, Randle McDaniel, Bryant Mckinnie, Jim Plunkett, Chuck Noll, Warren Sapp, Bruce Smith, Adam Vinatieri,** and many, many more.

“ I would have all of my Offensive Lineman wrestle if I could”
- John Madden, Hall of Fame Coach

The Chaska Stallions would like to invite you to give wrestling a try. Your level of participation is up to you and even if you have never wrestled before, we encourage you to give wrestling a try. We have 2 amazing coaches and many volunteers that have helped us develop several state winners, many state placers, and a strong traveling team that can compete against anyone in the state. In our wrestling club you will:

- Get a great workout. Cardio, flexibility, strength & endurance are all keys to wrestling.
- Get great coaching and support. In addition to our 2 coaches, we have numerous parents who volunteer time to make our program a success.
- Have lots of fun! We work hard at practice, but have fun too. Wrestling is unique in that it is an individual sport, yet a team sport. We work on both aspects to make wrestling fun!
- Regardless of skill level, you will get coaching and support. We know that not everyone is going to be a state champion, but we will help you try to achieve your full potential.
- NOT be asked to cut weight. This is a common mis-conception about wrestling. Some kids may choose to cut weight a bit, but we do not encourage it. We encourage you to be physically fit, work hard, eat right, be at the weight that you want to be at.

So get off the couch, get your butt in gear and join wrestling. **Your football coaches will thank you next fall when they see what great shape you are in.**