



# Youth Wrestling Program

## St. John's, St. Odilia, and Frassati Catholic Schools

Our youth wrestling program is a collaboration between the North Suburban Parochial School League (NSPSL) and the three schools listed above.

We invite your child (K-8th grade) at all skill levels to join us this season.

Wrestling builds endurance, strength, and agility—improving athlete performance in other sports. Wrestlers develop self-confidence and discipline as they work toward individual and team goals.

We love the sport of wrestling, and we are excited to share our passion with you!

There are no try-outs. Everyone is welcome - COME AND JOIN THE FUN!

- Where:** Totino-Grace Wrestling Room (1350 Gardena Ave N. Fridley, MN 55432)  
**When:** Practices will be on Wed & Thurs 6:00 – 7:00PM  
Once meets start we will have one practice and one meet a week  
**Cost:** \$35.00 (make checks payable to St. Johns Wrestling and turn in to coaches)  
**Who:** K – 8<sup>th</sup> Grade  
**Equipment:** T-Shirt, Shorts, Wrestling Shoes, Water bottle  
**Registration:** <https://stjohnnyb.org/school-life/athletics/>

Questions? Please contact

Scott Barsness at 612-388-9859 / [scott@oadesignbuild.com](mailto:scott@oadesignbuild.com)

Donovan Foley at 651-208-5995 / [Foleydcusmc@yahoo.com](mailto:Foleydcusmc@yahoo.com)