



REGISTRATION INFORMATION

Interested in learning more or signing up? Come on out to one of our practice sessions, see what we are all about and decide for yourself. Practices begin on Tuesday, October 11th from 6:30 p.m. to 8:00 p.m. in the Cherokee Trail High School Wrestling Room. We hope to see you there!

PRACTICE SCHEDULE

NOVICE & EXPERIENCED PRACTICE

- Tuesdays & Fridays
- 6:30—8:00 PM
- Cherokee Trail Wrestling Room
- Conditioning & Fundamentals
- Live Wrestling and Drills
- Games

Coaches and members of the Board of Directors will be at practices to answer any questions you might have. Once you get to know us and see first hand that we live our core values, you will know that truly are **“Building Champions On and Off the Mat!”**



Your Destiny Awaits! Could this be YOU?



**Check Out Junior Cougar Wrestling
We'll keep an eye out for you!**

Coaches:

Jeff Buck—Head Coach,
Cherokee Trail High School

Eric Telgenhoff—Coach,
Junior Cougar Wrestling

Ted Odenthal—Coach,
Junior Cougar Wrestling

Randy Constant—Coach,
Junior Cougar Wrestling

Richard Rivera—Coach,
Junior Cougar Wrestling

For more information:

Call: Karen Gustin - (303) 419-4947
Coach Telgenhoff - (720) 903-6610
Coach Odenthal - (720) 346-1328

Email: Karen Gustin— k.gustin@comcast.net
Coach Telgenhoff— etelgenhoff@comcast.net
Coach Odenthal— coach_odenthal@yahoo.com

Website: http://www.cthswwrestling.com/little_cougars
Facebook Groups: Little Cougar Wrestling Club
The Wrestling Room

JUNIOR COUGAR

WRESTLING

CLUB



USA wrestling

**Junior Cougar Wrestling is proud to be
a feeder program for the Cherokee Trail
High School Wrestling Program.**

“Building Champions On and Off The Mat”

**Desire ~ Discipline
Dedication ~ Determination**

JUNIOR COUGAR WRESTLING CLUB

What is Junior Cougar Youth Wrestling?

Junior Cougar Youth Wrestling is real wrestling – the world’s oldest and greatest sport - not the acting you see on television. It permits boys and girls of any size and weight to compete for personal pride and glory, where success is not necessarily determined by ones natural athletic ability, but by the size of ones heart. Wrestling teaches the value of hard work, discipline, commitment, and perseverance - qualities that will serve them well in life. Some of our nations greatest leaders competed in wrestling as young men - Benjamin Franklin, Abraham Lincoln, George Patton, Norman Schwarzkopf and Donald Rumsfeld to name a few. In addition, a recent study by the NCAA revealed that wrestlers on average were considered to be the least injured athletes, carried the highest overall grade point average of student athletes, and the best overall athletes due to their superior conditioning. Character, Discipline and Commitment are what Junior Cougar Wrestling is all about!

The program is open to all boys and girls age 4 - 14. The focus of the program is learning the fundamentals of the sport while gaining valuable mat experience. All practices take place at Cherokee Trail High School with practice days and times determined by the athletes age and/or skill level. Practices begin Tuesday October 11th, 2011 and are directed and overseen by a corps of dedicated and experienced USA Wrestling Certified coaches who are assisted by current and former High School wrestlers who show an aptitude and ability for developing young athletes. The program allows wrestlers to compete in both team dual and tournaments. Athletes compete in weight classes and divisions based on age. Weight loss is strongly discouraged.

Regardless of your wrestler’s age, weight, or skill level, we guarantee they will gain valuable experience and become a better wrestler, gain self confidence, and have fun in the process.

JUNIOR COUGAR WRESTLING CLUB

MISSION STATEMENT:

*“BUILDING CHAMPIONS ON
AND OFF THE MAT.”*

JUNIOR COUGAR’S CREED:

*“WE ARE THE JUNIOR COUGARS!
WE WILL HAVE FUN!*

*I will ALWAYS represent the Junior Cougar Program
with dignity and pride.*

I will not be out worked or out hustled.

I will hold our heads high, win or lose.

*I will support my teammates and pat them on the back
after every match.*

I will lead by example.

I will ALWAYS congratulate my opponents, win or lose.

*I will get a little better each and every time I step on the
mat.*

*I will push my teammates to get better and
expect them to push me to get better.*

I will remember that winning is a result of the effort

I put into practice.

WE ARE THE JUNIOR COUGARS!”

JUNIOR COUGAR’S CORE VALUES:

DESIRE ~ DISCIPLINE

DEDICATION ~ DETERMINATION

A WINNING TRADITION!

Beginning in 2005, the Cherokee Trail High School Wrestling Program has established and continues to maintain a winning tradition. For the past six years, under the leadership of Coach Buck and his staff, the young men who have donned the Cherokee Trail colors have set a high standard of achievement and excellence for the next generation of Cougar wrestlers. Coach Buck has established himself as one of the premier coaches in the nation and many of his wrestlers have been extremely successful at the local and state level. So just how good is the Cherokee Trail Wrestling program, really? During the 2009-2010 campaign, the Cherokee Trail Wrestling Team:

- Was Centennial League Champions with a record of 7-0.*
- Never placed lower than 3rd in ANY tournament they attended in California, Colorado, Kansas or Wyoming.*
- Outscored their Dual Meet opponents by a score 914—318.*
- Sent 7 of 14 wrestlers to the State Wrestling Tournament.*
- Placed 2nd as a team at Regionals.*
- Placed 8th as a team at State.*