



Learn to wrestle Boulder United style!

Boulder United Wrestling is proud to announce its 12th consecutive year of operation, and its on-going affiliation with the Metro Junior Wrestling League.



Boulder United Wrestling, the only youth wrestling program in Boulder, teaches sound fundamentals in a systematic way that emphasizes teamwork, good sportsmanship, and fun. Wrestlers are actively discouraged from weight loss for competition.

We also help the veteran wrestlers advance to the highest level of competition. The experienced wrestlers will learn advanced takedowns, pinning combinations, and chain wrestling. Every wrestler has the opportunity to compete in weekend matches and regional and state tournaments.

Who Is Eligible?

Boulder United Wrestling is open to any boy or girl wrestler between the grades of kindergarten through 8th grade.

Whether you are a seasoned wrestler or have never wrestled before, Boulder United Wrestling has a spot for you. Unlike other sports, **all wrestlers get to compete** if they desire. There are no try-outs or limited playing time- everyone participates.

Organizational Meeting

An informational meeting will be held Tuesday, October 6, 2009, from 6:00pm - 7:30pm in the Fairview Library. Coaches and Board members will be on hand to answer questions.

Boulder United Kick-Off Youth Camp

A technique camp for **all** area youth wrestlers will be held Sunday, October 18, noon-3pm in the Fairview wrestling room featuring coaches from Boulder United, Boulder High and Fairview.

Preseason Conditioning

Preseason training is available on Mondays at Boulder High and on Wednesdays at Fairview High starting at 6pm on October 12, 14, and 21. (No practice 10/19)

First Official Practice & Practice Locations

The first official wrestling practice is October 26th. Monday night practices will be held in the Boulder High wrestling room (see map) and Wednesday night practices will be held in the Fairview High wrestling room. (See map) All practices start at 6pm.

Boulder United Wrestling Philosophy

Boulder United Wrestling is a youth wrestling club dedicated to the betterment of Boulder's youth through wrestling. Wrestling not only builds strength and aerobic



conditioning, it also builds self-confidence and character. Through competition the wrestlers learn respect for their coaches, teammates, and opponents. Most importantly they learn to believe in themselves.

Building Off Last Year's Success

With twenty-seven kids in last year's program ranging from 5-14 years old, at our Metro League tournament we had several trophy winners including one League champion, making a total of two League Champions in the past two seasons. We also had six wrestlers win 1st or 2nd place at the BVSD Middle School District tournament. We also had our only female wrestler win 1st place at a girls-only tournament in Bennett, CO.

Cost

The registration fee is \$85* which includes bi-weekly practices, Saturday matches, a Boulder United Wrestling T-shirt, and use of the team singlets and uniforms.

*Scholarships are available and are awarded based on financial need.



Registration

- Simply complete and mail in the registration form with an \$85 check made out to "Boulder United Wrestling."
- Late registration is also available by attending the first wrestling practice on October 26th or any practice thereafter.

Can't Make All the Practices or Meets?

Unlike most team sports, a wrestler only hurts himself if he can't make a practice or a meet. The more practices and meets you attend, the better you will become. We understand that families occasionally have other commitments that affect your wrestler's ability to make a practice or a meet.

Meets:

We have seven scheduled quad meets (against four other Metro League Wrestling Teams). The meets take place on Saturdays, typically early in the morning until early afternoon. In all, there are 32 other Metro League Teams that we will be competing against. The meet schedule begins November 7th with five more meets on 11/14, 11/21, 12/5, 12/12, 12/19. Meets are followed by the district, JV, regional, and League Championship tournament in January.

Interested In Helping With Our Program?

Boulder United Wrestling is always interested in getting help from experienced wrestlers in the area and encourages fathers with wrestling experience to work with the coaches and become part of the Boulder United Wrestling family.

Check us out at: www.boulderunited.org

Exposure to High School Coaching Staff:

Throughout the course of the season our kids will have the opportunity to be coached by high school wrestling coaches as they will be periodically dropping into practices to assist our program.

Boulder High Coach, Glenn Kingsley, a successful collegiate wrestler from Illinois, is in his 10th season coaching high school. Glenn's coaching accomplishments include coaching numerous state qualifiers, All-State, and eventual Division I national qualifiers and All-Americans.

Fairview High Coach, Jim Lefebvre is in his 12th year of coaching and is a former Arizona high school state champion, junior college All-American and PAC-10 champion for Arizona State. This is his 5th year at FHS.

The Boulder United Coaches

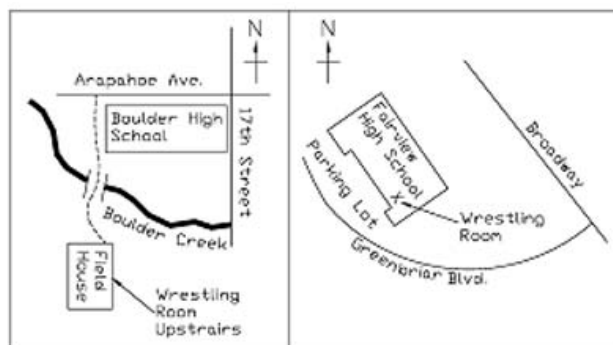
Adam Kulikowski is a two-time state champion for Boulder High. Adam took over as head coach for Boulder United two years ago and was a coach for the youth wrestling program in Broomfield for three years.

Kirk Jones, is in his 10th year coaching Boulder youth sports and 4th at BU. His coaching credentials include several years in Boulder Junior Soccer, N.B. Little League, and a couple of seasons coaching youth football and basketball.

Steve Sheldon, a 3rd year BU coach, wrestled for 10 years in Iowa. He continues to compete in Brazilian Jiu Jitsu and recently finished 2nd in the state. Steve has coached both wrestling and soccer at all levels.

Rick Caldwell, a new BU coach and another Iowa wrestler, placed 2nd and 3rd at state in HS. He wrestled at the University of Northern Iowa. Rick also had extensive experience wrestling freestyle, where he represented Iowa in the Junior Nationals.

Map to the Wrestling Rooms:



Questions Please Contact:

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