

## Fletcher Wrestling

- The Fletcher Wrestling team is open to all eligible Fletcher HS students or home school students zoned for the Fletcher area.
- Weight class range from 106lbs. up to 285 lbs.
- Students must be less than 19 ½ years of age at the start of the season.
- The HS Wrestling season runs from late November to early March.
- Physical conditioning is intense and transformative.
- Wrestling Shoes and good running shoes are required to receive the full benefit of the training.
- In addition to the HS Wrestling team an AAU Club team is run under the Continuing Education Program for Wrestling and is open to all from the ages of five and up.
- To participate you must have an AAU wrestling membership, and pay \$20.00 per month for youth and \$40.00 for adults (requires AAU background Check) to Duval County Public Schools.
- Practices are year around on every Tuesday and Thursday from 5:00 pm to 7:00 pm.
- Members are expected to purchase a set of Club Gear to include a Singlet, Shorts and t-shirt (appx. \$115.00)