2026-2027 Galena Grizzlies K-4 Youth Wrestling.

We are happy to announce our K-4 Grizzlies Wrestling Club offered by the Galena ARC will be back for the 2026-2027 season!
Wrestling is open to all area boys and girls in grades K-4.
All levels of experience are welcome!

How much does it cost to join? Registration fee to attend all practices in the season is a one time payment of $20 per wrestler. **Please make checks out to "Galena ARC"**
What equipment is needed for practice?

- **CLEAN** Athletic shoes (Please make sure shoes are clean and not worn outside before practice)
- You do not need wrestling shoes but they are recommended
- Please arrive early enough to change into the shoes before the 5:30 PM practice start time
- Shorts and t-shirts
- Head-gear suggested but not required
- Water bottle

Where are practices? NEW this year! We have our own room in the old Galena Primary School. Enter the main school entrance and follow the signs to the Grizzly Wrestling room! Please change into wrestling clothes where the library was! The address is 219 Kelly Ln, Galena, IL 61036. One parent must attend practice with their wrestler(s)!
Is competition required? No! Competition is optional. A schedule of tournaments will be released at a later date. If interested in competing please reach out to coach Hofland. Competition singlets are provided by the club. Singlets must be returned!
Scan the QR code below to register or go to: https://forms.gle/9JWZ2Vd8dSPftXxH6

If you have any questions feel free to email Coach Hofland!

Thank you!
Elias Hofland
Email: hoflandeliasa@gmail.com
(715) 781-0287

2025-2026 Practice Schedule

New practice times this year!
K and 1: 5:30 PM to 6:20 PM
2 through 4: 6:30 PM to 7:30 PM

Week 1	Monday Nov. 30	Wednesday Dec. 2
Week 2	Monday Dec. 7	Wednesday Dec. 9.
Week 3	Monday Dec.14	Wednesday Dec. 16
Week 4	Monday Dec. 21	Winter Break!
Week 5	Monday Dec 28	New Year's Break!
Week 6	Monday Jan. 4	Wednesday Jan. 6
Week 7	Monday Jan. 11	Wednesday Jan. 13
Week 8	MLK Day	Wednesday Jan. 20
Week 9	Monday Jan. 25	Wednesday Jan. 27
Week 10	Monday Feb. 1	Wednesday Feb. 3
Week 11	Monday Feb. 8	Wednesday Feb. 10
Week 12	Monday Feb. 15	Wednesday Feb. 17
Week 13	Monday Feb. 22	Wednesday Feb. 24

Now that we have a room separate from the High School Wrestling room we will be wrestling in a smaller space but it will allow us to split the practices to coach more appropriately to different age levels.
K and 1 will practice will be a more play-based learn how to wrestle through more natural movements and games
2 through 4 practice will be more focused to learn more advanced moves and match strategies.
The goal for both age levels is to have fun and to learn the sport!

**Note: All practice times are subject to change due to Weather or Coaching Availability. When there is a cancellation you will receive an email to your provided E-Mail address submitted during registration. Cancellations will also be posted on our Facebook page!

Please come support your Galena High School Wrestling team at our scheduled home meets and our away meet that is local in Cuba City!
Dates are as follows:
Home: December 3rd 5:30 PM vs West Carroll & DU-PEC
Home: December 8th 5:30 PM vs Dakota & Fulton
Home: January 5th 5:30 PM vs Polo & Mineral Point
Away: January 14th 5:30 PM @ Cuba City, VS CC/B/SW & Darlington
Home: January 19th 5:30PM vs Lancaster & Blackhawk

If you are interested in competition please reach out to Coach Hofland. The competition schedule will be posted at a later date!