

Rochester K-12 Wrestling

Wanted: athletes interested participating in the Winter sport of Wrestling !

For many years, the Rochester High School wrestling coaches have been involved in coaching all levels of wrestling. They have worked with athletes from pre-K aged youngsters to high school seniors. They have worked with programs sponsored and run by Community Education, youth clubs, middle school programs and within their high school team. This coming season will be no different.

The head coaches and their staff will be working with all levels of wrestling in Rochester. In the 2008-2009 season, there will be multiple wrestling clubs. Each will serve different areas of Rochester, based on current Rochester Public High School boundaries. There will be one club for athletes who reside within the boundaries of John Marshall, one for Mayo and one for Century. Currently Lourdes HS has a co-op with Rochester John Marshall. Other private or home schooled athletes are welcomed and encouraged to participate with the program within their public school boundary.

All programs are looking for brand new wrestlers, as well as experienced wrestlers. We would encourage athletes of any age to try the sport.

Registrations will take place later in the Fall. We would encourage anyone interested to please call or e-mail their contact which is listed below, to be included in future correspondence via e-mail, phone or US Mail. These coaches are all interested in answering any questions, helping out in any way possible and including you in future correspondence.



John Marshall/Lourdes Wrestling

Brian Parlin
(507) 358-6530
brianparlin@rocketwrestling.org
website: www.RocketWrestling.org

Mayo Wrestling

Art Trimble
(507) 281-7680
artrimble@rochester.k12.mn.us
website: www.MayoWrestling.org

Century Wrestling

Steve Larsen
(507) 289-4482
stlarsen@rochester.k12.mn.us
website: www.PanthersWrestling.com (available soon)