



Greetings to all new and returning athletes and families! It is our honor to welcome you to our Buffalo Stampede Wrestling Club. Wrestling is a great sport for personal growth as it is primarily an individual sport. To name a few benefits of wrestling: it can teach discipline, self-motivation, mental toughness, resilience, and many other needed attributes that are highlighted by the individuality of wrestling. Additionally, there's no better feeling than getting your hand raised and knowing that all your hard work has paid off. This year, we will be working hard to help your child have fun and put in the work necessary to succeed. We look forward to having you as a vital member of our wrestling family.

Here at Stampede Wrestling we not only stress excellence on the wrestling mat but also in the classroom and in life. Our mission is to build great wrestlers but, more importantly, great men and women through the sport of wrestling.

For the 2022-2023 season The Buffalo Stampede Wrestling Club is happy to host four separate sessions, with one mini-session, throughout the year. The first one starting in August and the last one ending in May which gives young athletes opportunities to get ahead of the competition before and after the "wrestling session". Our sessions help bring our wrestlers a competitive advantage when it comes time for competition against other programs.

To stay connected and up to date with all things Buffalo Stampede Wrestling, we ask that you please join both our [Buffalo Wrestling Club Facebook Page](#) and our group chat in the [BAND App](#).

Information regarding sign up and practice information is outlined below:

- Register at: www.BuffaloStampede.com/Registration
- Must have active USA Wrestling Card: <https://www.usawmembership.com/login>
- Must have active AAU Wrestling Card:
<https://play.aausports.org/JoinAAU/MembershipApplication.aspx>
- **Where:** Elite Factory
 - 1234 CR 466 Oxford, FL 34484 (*It is a little hidden, so do not drive by and miss it. There is a Red Brick House in front with a playground set)
- **Time:** 6:00pm – 7:30 pm
- **Cost:** \$135 each session

If you have any further questions feel free to contact Coach Dresden Simon at Dresden.phillip.simon@gmail.com, Coach Josh Markham at josh.markham96@gmail.com, or Josh Yoder at Josh@buffalowrestlingclub.com.