



Thanks for showing interest in Live Oak Wrestling Club (LOWC).

Live Oak Wrestling Club is one of the fastest growing youth organizations in Livingston Parish. We will teach and train your young athletes in every aspect of the sport of wrestling. Wrestling is like no other sport, it is very demanding, there is not a lot of down time in practices and the matches may only last a couple of minutes but it is fast pace and intense at any level. But it is the most rewarding in self confidence and shows them what hard work and dedication can do. Your athlete will learn technical wrestling moves, conditioning for completion, proper eating habits for wrestling, how hard work pays off and good sportsmanship win or lose. If you are not sure this sport is for your child we do let them practice with us for one practice to make sure they want to do this before you make a commitment to the club.

Like any other youth program we are self supported and need as much help as we can get. We will have a couple of fund raisers during the season to help pay for equipment, parties, awards, traveling to and from tournament locally and out of town, to name a few things we need extra funds for. We will also host tournaments that we will need help from parents, siblings, etc. to make sure they run smoothly. We sell team apparel that you buy thru the club and we make extra money on every order so show your team spirit and support by getting your wrestling club apparel. We also look for sponsor ships so if you know any that may be interested I can contact them and answer any questions they may have.

Please select the package that is best suited for your child. This is just a brief over view of what we do and offer and if you have any questions and or concerns about any of the packages or the sport, please contact me and I will answer any questions you may have. You can contact me on my cell 225-636-1066 or email me at [info@liveoakwrestle.com](mailto:info@liveoakwrestle.com).

Thank You,  
Norvin Hill  
Director  
Live Oak Wrestling Club