

# WEST BABYLON KID WRESTLING 2019-2020

## GRADES 1-8

**Registration:** Registration will occur on Monday, November 4th and Tuesday November 5<sup>th</sup> from 6:00pm to 8:00pm in the cafeteria opposite the Wrestling Room in the High School. If unable to attend call 516-476-6621.

**Practice:** Practices will be held Monday and Wednesday from 7:00pm to 8:30pm in the High School Wrestling Room.

**IF SCHOOLS ARE CLOSED DUE TO VACATION OR INCLIMENT WEATHER THERE WILL BE NO PRACTICE**

**Dates:** The program will begin on Monday, November 18, 2019 and continue through March 14, 2020.

**Practice attire:** Wrestlers are required to wear shorts or sweatpants, t-shirt and wrestling shoes.

**Fee:** \$100 paid at Registration. Includes: USA Wrestling Card (provides insurance), shorts & t-shirt, end of year party

**The Program:** The goal of the wrestling program is to teach every dedicated wrestler the fundamental skills needed to be successful on the mat. This includes learning the basic movements of wrestling, strength and conditioning, flexibility and self-confidence. Practices will be supplemented with several scrimmages with neighboring youth programs.

Tournaments are available nearly every weekend if you choose to participate. A list of scheduled events that the club will attend will be provided in December. Club coaches will supervise and coach team members at these tournaments require. Tournament require additional entrance fees.

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Wrestlers Name: _____
Address: _____
Town: _____ Zip Code: _____
Date of Birth: _____ Age: _____ Grade: _____
Mother's Name: _____ Cell: _____
Mother's email: _____
Father's Name: _____ Cell: _____
Father's email: _____
Known Medical Issues: _____
If NONE please write NONE

### T-SHIRT SIZE

YS YM YL AS AM AL

### SHORT SIZE:

YS YM YL AS AM AL

\_\_\_\_\_

### USA Wrestling Card Number:

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For further information or questions, please contact Chris Critchley @ 516-476-6621 or [critchlc1985@gmail.com](mailto:critchlc1985@gmail.com)

**PLEASE NOTE: THIS IS NOT A WEST BABYLON SCHOOL DISTRICT PROGRAM**

