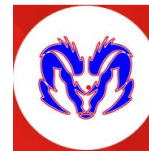


Carmel Youth Wrestling Club (Grades k-8)



Coaches:

Alex Leone, Chris Simmons, John Ruiz, Bernie Festo, Billy Twardy

Contacts: Chris Simmons: (914) 806-5716, John Ruiz: jru7119@gmail.com

Sportsyou Page: Used for communication & information. Join Code: FLWJ-F53R

Cost: \$350 per wrestler for the season.

Registration: Register at NYWAY.org

Season: November-March (NYWAY States)

Practices: November -December Mon/Wed/Fri 6-7:30
January-March Mon/Tues/Fri 6-7:30

Location: George Fischer Middle School
281 Fair street, Carmel, NY 10512
(Cafeteria entrance at the back of the school)

Equipment: Wrestlers will need headgear, wrestling shoes and a water bottle at each practice. Knee pads are recommended, but not necessary. A month guard is suggested for athletes with braces.

Gear: Shirts, warmups and singlets will be available through an online store for those who wish to order uniforms.

About the Club: The Carmel Youth Wrestling Club is open to beginners and experienced wrestlers in grades K-8. We provide a safe, fun, encouraging learning environment for kids to develop wrestling skills and techniques. We will be participating in a new NY/CT league which will feature 4 quad meets and 4 weekend tournaments (dates tbd). We will also have scrimmages and practices with other local teams and participate in dual meets and local tournaments. Wrestlers are expected to be at practice at least twice per week so that they get the most out of the program. Practices will consist of warmups, instruction, drill, live wrestling and fun games.