



## USA Kid Wrestling Program

The Kid Wrestling Program is a “USA Wrestling Club”. It is designed to teach kids the sport of wrestling in a fun environment. The groups will be divided into a beginner and advanced session based on age, years of experience, and interest level in the sport.

The **Beginner group** is primarily children grade 2-5 and will focus on lead up activities, and introductory moves and rules to the sport. The goal here is to have fun and raise an interest to take the sport to the next level in the future.

The **Advanced group** is offered to all middle school kids and elementary kids with 2 or more years of experience. The goal to have fun with this sport continues however this program will have higher standards of skill and fitness development. This group will be encouraged to enter Saturday competitions at various sites throughout Suffolk County.

**BEGINNER WRESTLERS:** Mondays and Tuesdays 5:30 – 6:30

**ADVANCED WRESTLERS:** Mondays and Tuesdays 6:45 – 8:00

**\*\*Walk up registration: 30 minutes prior to first practice and any practice after.**

**Practice Dates: Dec. 2<sup>nd</sup> - Feb. 11<sup>th</sup>** (No practice when school is closed)

**Equipment needed:** Shorts, T-shirt, wrestling shoes or sneakers

**Where:** Smithtown High School **West** wrestling room.

**Cost:** \$150.00. Cash or Checks payable to the Smithtown Kid Wrestling

Questions? Contact Ken Leverich 382-3050 or [kleverich@smithtown.k12.ny.us](mailto:kleverich@smithtown.k12.ny.us)

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Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian Name/cell: \_\_\_\_\_

Email: \_\_\_\_\_

Circle T-shirt size: YS, YM, YL, S, M, L, XL      Circle: Beginner or Advanced

Weight: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

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