

## 2022-2023 Warwick Valley Youth Wrestling Club Information

Our program is designed to promote the sport of wrestling to students who live in the Warwick, Florida & Greenwood Lake Central School Districts. This program is open to students currently in grades 3-6. There will be practices on Mondays (5:15-6:30) and Saturdays (9:30-10:45) in Warwick (High School Wrestling Room).

The purpose of our program is to expose your child to the sport of wrestling. This is not the WWF! Your child will be learning the moves and techniques that are used by high school and college wrestlers (Folkstyle). It is our goal to make the program fun so that your child will be motivated to continue on and eventually go out for our middle and high school teams.

**COST:**  
**\$125 per wrestler**  
**(Includes a team t-shirt)**



Club registration will need to be completed at [www.nyway.org](http://www.nyway.org). Click on Warwick's logo and register your wrestler. All wrestlers will be required to have their current 2022-2023 NYWAY Individual Membership (\$17.00). See the link below to complete before you register for our club.

Wrestling shoes, headgear, T-shirt, and shorts or sweatpants. Please avoid jeans or clothing that has zippers, buttons, or any other parts which may be sharp or abrasive. Do not bring

### **PRACTICE LOCATION:**

All practices will take place in the HS wrestling room! Wrestlers can come to any practices they can make.

Mondays- 5:15-6:30

Saturdays- 9:30-10:45

Please note: Practices will be held on the evenings listed but are subject to change due to inclement weather or changes in the Warwick Valley Varsity Wrestling team schedule.

Students, grades 3-6, who live in the Warwick, Florida & Greenwood Lake Central School Districts are eligible. **Parents must stay with children during practice times.** If missing a practice, you **do not** have to email the coaching staff.

As the season approaches, I will send out an informational video explaining our youth wrestling season and expectations (will also post on our website)! If you have any questions after watching the video feel free to reach out [pszumlaski@wvcsd.org](mailto:pszumlaski@wvcsd.org).

During "youth season" there will be an end of the year scrimmage set up with local youth teams. Even though competition is important, the **primary** focus of our club is **to have fun, teach quality technique, and build numbers for the program**

For more information visit [www.warwickvalleywrestling.com](http://www.warwickvalleywrestling.com)

### **Warwick Valley Youth Wrestling Program Practice Schedule Dates for 2022-2023**

Monday's (5:15-6:30pm)      Saturday's (9:30-10:45 am)

Mon- 12/5, Sat- 12/17, Sat- 12/19, Sat- 1/7, Mon- 1/9, Sat- 1/21, Sat- 1/23, Mon- 1/30, Sat- 2/4

Mon- 2/6 END OF YEAR PIZZA PARTY

**\*\*NOTE:** The schedule of practice dates listed below is subject to change due to inclement weather and or scheduling changes for the Warwick Valley Varsity Wrestling Team. \*\*

**This is a tentative schedule... Dates may change slightly!**

**Contact** Phil Szumlaski @ [pszumlaski@wvcsd.org](mailto:pszumlaski@wvcsd.org) for more questions about the Warwick Wrestling Club

Be sure to download **Remindme101**

All club corresponding will be done there. **TEXT @wvyouthpar to 81010**

**If you have questions about the online registration process, please contact Kristen Tessier @ NYWAY ~ [kristentessier@gmail.com](mailto:kristentessier@gmail.com)**