

Wildcat Wrestling Club



What will we do?

The purpose of our club is to expose children to the sport of wrestling and help them improve upon technique. Your child will be learning moves and technique from members of the Warwick Valley coaching staff. Wrestlers will be split up according to age, ability level and weight.

When do we meet?

- Wrestlers will meet after school on select dates starting Wednesday, September 12th (If there are any schedule changes we will make announcements in addition to emailing parents)

What time do we meet?

- After school students will meet down near the gym before walking up the the high school mat room together (practice ends by 3:30 so students can catch the late bus). Students should be down near the gym by 2:40.
- Coaches will walk students back to the middle school after practice for pick-up / late buses. **Please call transportation to confirm their drop off location from the bus!**

Where do we meet?

- Middle School Gym

Who is welcome?

- 5th and 6th grade students

What do you need for wrestling club?

- Shorts and t-shirt to wrestle in
- Water bottle
- Wrestling shoes (optional)
- Knee pad (optional)
- Head gear (optional)

Students who do not have wrestling shoes can learn to wrestle in socks or borrow from the club if we have their size available.

Any questions? Please see Coach Szumlaski in the gym or email at
pszumlaski@wvcsd.org
www.warwickvalleywrestling.com

*****Wrestling Club Dates *****

(All practices take place from 2:30-3:30pm at the high school)

Sept 12

Sept 13

Sept 17

Sept 20

Sept 24

Sept 25

Sept 26

Sept 27

Oct 1

Oct 2

Oct 3

Oct 4

Oct 9

Oct 10

Oct 11

(15 Total Sessions)

Wildcat Wrestling Club Registration



(Please return by Sept. 11 to Coach Zoom)

Student name: _____

Grade: _____

Parent Names: _____

Parent Email: _____

Health Concerns: _____

Emergency Contact: _____

Emergency Contact #: _____

I give my child permission to participate in the Wildcat Wrestling Club @ Warwick Valley Middle School.

Wrestlers Signature:

Parent Signature:
