

Cazenovia Youth Wrestling 2017

What: Youth Wrestling
Who: Up to grade 6
When: Tuesday's and Thursdays 6:30 PM – 8 PM Starting 1/3/17
Where: In the Auxiliary Gym, Cazenovia High School

Youth Wrestling is designed to be an introduction to the sport of wrestling. The athletes will learn the rules and some basic moves. They will practice as a team in Cazenovia and hopefully we can get some mat time with other youth teams. Wrestlers will be paired with athletes of similar size and/or age.

Your Coach this year is Josh Weismore, Cazenovia Alumni and wrestler.

What you will need before the first practice:

Shorts, t-shirt, and sneaker or wrestling shoes to practice in.

A NYWAY (New York Wrestling Association for Youth) card. This card costs \$17 and purchases liability insurance through NYWAY. NYWAY also sponsors youth tournaments if your child wants to compete in them. You can register on-line. Go to the NYWAY site and register each athlete for an individual membership. You will select Cazenovia as the club you are registering with and we are in the Central Region.

At the First Practice:

Parents will need to fill out Liability waivers and Medical forms for each athlete. \$30 Registration fee is due at that time. Then it's time to wrestle!

Questions- call or text Coach Petroff 430-7195 or e-mail

petroffd@hotmail.com

*This flyer is being distributed by the School District as a community service to students and parents of the school district for information purposes only. The program is not affiliated with nor endorsed in any way by the School District.