



# Interested in Wrestling?



The Police Athletic League (A non profit Organization) is sponsoring youth wrestling programs for students in grades 3<sup>rd</sup> -5<sup>th</sup> and 6<sup>th</sup> -8<sup>th</sup>

- Sign ups for **ALL** programs will be **Thur, November 19<sup>th</sup>** in the **small gym at Warde HS from 7 – 8pm.**
- The program is run by Coach Jason Shaughnessy FWHS Head Coach and Warde PE Teacher.
- Any questions? Please contact Coach Shaughnessy at 767-6527 or [coachjay@charter.net](mailto:coachjay@charter.net)

## **Elementary School Wrestling (3<sup>rd</sup> – 5<sup>th</sup>)**

- 1) **FIRST PRACTICE Nov 30<sup>th</sup>**
- 2) Practice at **Warde and Ludlowe HS**
- 3) Practice Mondays (Ludlowe) and Thur (Warde)
- 4) Practice 6:30 – 7:45pm
- 5) Coaches: Greg Wycoff, Nick Garoffolo, and Jason Shaughnessy
- 6) Program cost \$75
- 7) All elementary wrestlers will get a T-Shirt and Shorts.

## **Middle School Wrestling (6<sup>th</sup> – 8<sup>th</sup>)**

- 1) **FIRST PRACTICE December 1<sup>st</sup>.**
- 2) Practices at Fairfield Warde HS and Ludlowe HS
- 2) Practice Tuesdays (Warde) and Thursdays (Ludlowe)
- 3) Practices 6:30-8pm
- 4) Coaches: Jason Cucolo, Jason Shaughnessy and Nick Garoffolo.
- 5) Program Cost \$75
- 6) Middle school wrestlers will get a T-shirt and shorts.

## **\*\*\*Competition Team (5<sup>th</sup> – 8<sup>th</sup>)\*\*\***

- Wrestlers grades 5<sup>th</sup> – 8<sup>th</sup> are eligible
- All Practices at Warde HS on Mondays, Tuesdays and Fridays. Practices will be 6:30-8pm. First Practice Nov 30<sup>th</sup>
- Competition team participates in weekly League matches (Wed or Thur), 3 Saturday multi team matches and the league tournament in January. Optional Sunday USA wrestling tournaments.
- Coaches: Andy Lobsenz, Jason Shaughnessy, and Jason Cucolo.
- Registration fee of \$125 includes Shorts, T-Shirt and Sweatshirt. Registration **also includes \$35 USA Wrestling Card**
- You may join competition team at any time.
- Competition Team: You will need 2 checks: one for PAL Wrestling (\$90) and one to cash (\$35) for USA Card.

- PAL Registration available at: <http://www.fpdct.com/pal.htm>
- View PAL info at: [www.wardewrestling.com](http://www.wardewrestling.com) view PAL wrestling info under the teams link.

***Financial assistance available upon request***