



Smithtown West Kid Wrestling Program

The Kid Wrestling Program 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 1-3 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 Grades 4-8. 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/Sunday competitions at various sites throughout Suffolk County.

BEGINNER Group: Mondays and Tuesdays 6:00 – 7:00

ADVANCED Group: Mondays and Tuesdays 7:15 – 8:15

Practice Dates: Dec. 8th - March 10th (No practice when school is closed)

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

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

Cost: \$200.

Register at www.smithtownboosterclub.com go to clinics, then winter clinics.
or even easier follow this link:

[Smithtown West Wrestling Clinics Registration](#)

Questions??: email Ken Leverich at kleverich@smithtown.k12.ny.us
or call (631)382-3050