



## **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 1-4 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. 9<sup>th</sup> - March 11<sup>th</sup>** (No practice when school is closed)

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

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

**Cost:** \$150.00. Cash or Checks payable to the Smithtown West Wrestling

**Mail in Registration:** (preferred)

Ken Leverich, Smithtown West Wrestling, 100 Central Road, Smithtown NY 11787

**Walk up registration: 30 minutes prior to first practice and any practice after.**

Questions? Contact Ken Leverich 382-3050 or [kleverich@smithtown.k12.ny.us](mailto:kleverich@smithtown.k12.ny.us)

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Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian Name/cell: \_\_\_\_\_

Email: \_\_\_\_\_

Circle T-shirt size: YS, YM, YL, S, M, L, XL      Circle: Beginner or Advanced

Weight: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

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