SMITHTOWN BOOSTER CLUB
EST. 1951

SMITHTOWN WEST

YOUTH WRESTLING CLINIC

The Kid Wrestling Program is designed to teach kids the sport of wrestling in a fun, positive environment. Groups will be divided into beginner and advanced sessions based on age, years of experience, and interest level.

BEGINNER GROUP

Grades 1–3

Focus on lead up activities, introductory moves, and rules of the sport. The goal is to have fun and raise an interest in wrestling for the future.



ADVANCED GROUP

Grades 4–8

Builds on fundamentals with higher standards of skill and fitness development. Participants will be encouraged to enter Saturday/Sunday competitions at various sites throughout Suffolk County.

BEGINNER GROUP
Mondays and Tuesdays
6:00 – 7:00 PM

ADVANCED GROUP
Mondays and Tuesdays
7:15 – 8:15 PM

PRACTICE DATES: Dec. 14th – March 9th
(No practice when school is closed)

WHERE: Smithtown High School West Wrestling Room

EQUIPMENT NEEDED:
Shorts, T-shirt, wrestling shoes or sneakers

COST: $200

REGISTER TODAY!

Visit the Smithtown Booster Club at

campscui.active.com/orgs/SmithtownBoosterClub

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