



Smithtown East Wrestling Club

Kid Wrestling Program

The Smithtown Kid Wrestling Program is about to begin.. The program is designed to teach kids the sport of wrestling. Goal setting, commitment, and discipline are important attributes that will be taught and discussed throughout the program. Agility drills and games are highlighted to help kids improve in every sport.

Our main goal is for the children to have a fun and rewarding experience. There are numerous opportunities to compete in tournaments and other competitions for wrestlers who would like to do so.

This is a great opportunity for Middle School students interested in wrestling to prepare for the Middle School wrestling season. The coaching staff will consist of the Smithtown HS East wrestling coaching staff as well as current and former Smithtown East Wrestlers.

- Who:** K – 8th grade boys or girls interested in wrestling.
When: Tuesdays and Thursdays (no wrestling when school is closed).
Time: Beginners – 2 Yrs. Experience or Less - 5:30 pm – 6:30 pm
Experienced – 3 Yrs. Experience or More – 6:45 pm – 8:00 pm
Where: Smithtown East Wrestling Room
Equipment: Shorts, t-shirt, wrestling shoes or sneakers
Cost: \$175.00 Cost includes t-shirt. Checks made payable to Smithtown High School East
Dates: December 3rd – March 13th (12 weeks of instruction!)
Registration: December 3rd, 2024 at 5:15 pm (for beginners) & 6:30 (for experienced group) in the Smithtown East Wrestling Room. **Registration will also occur at every kid wrestling practice thereafter.**

Questions contact: Steve Jenkins Phone (516) 446-4281

Email – sjenkins@smithtown.k12.ny.us

Please bring this completed form with you to register on the first night.

Name _____ School _____ Grade _____

Address _____

Telephone _____ Date of Birth _____ Email Address _____

Additional Contact name and number _____

Parent/Guardian Signature _____

T-Shirt Size YS YM YL S M L XL Paid _____

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