

DR. L.
SUFFOLK COUNTY



LOT
CHAMPIONSHIPS

Youth Wrestling Club

Who: Boys and Girls currently in grade 3-8

When: [Dec 3, 5, 10, 12, 17, 19](#) / [Jan 7, 9, 16, 21](#)

Where: Ward Melville High School Wrestling Room (downstairs)

Time: 5:30--7:00 (Sessions may be divided based on skill level during clinics)

Cost: \$250 per Wrestler—Cash / \$30 per session walk-ins

Registration: Click on the google form link to register or register at the door on September 10th. @the wrestling room

Google Form Link: <https://forms.gle/o3x4dbAFqv5YKvWX7>

We will be hosting a series of wrestling clinics and practices designed to teach the skills and concepts needed to be successful in wrestling for boys and girls. All experience levels are welcome. Participants must bring their own water and wrestling shoes.

This session will also provide Junior High school wrestlers the preseason work needed before the Junior High School season begins.

- Any questions can be directed to 3vwrestlingclub@gmail.com