



45C Post Office Park
Wilbraham, MA 01095
(413) 596-2816

2022-23 YOUTH WRESTLING

► Register ONLINE at wilbrahamrec.com Nov 1 – Dec 4

WHO: Boys and girls from Wilbraham and surrounding towns,
Grades K – 8, separate programs if enrollment permits

WHEN: Program begins Tuesday, November 29th, and will run Tuesdays
and Thursdays each week, 6:00pm – 7:30pm

WHERE: Memorial School

COST: \$100.00



IMPORTANT INFORMATION:

- Parent participation is necessary for this program to run (no prior experience is necessary)
- Wrestlers are required to provide shoes and head gear
- A mouth guard is required for athletes with braces
- **Please provide child's height and weight on the registration form**

- The aim of the wrestling program is to provide the basic tools necessary to compete in youth wrestling through physical drills and discipline. Practice times have been adjusted to encourage wrestlers to develop the skills and understanding of the sport as a whole.
- Wrestling is one of the toughest, if not the most physically demanding sports in the world, and demands a combination of physical, mental and emotional skills from its participants. While there is definitely a team aspect to it, there are also individual barriers and obstacles that our wrestlers are encouraged to face head-on and overcome.
- The coaching staff provides a nurturing environment for wrestlers and mentoring through positive leadership, both on and off the mat. As a result, wrestlers are encouraged to overcome any obstacle life may bring their way, and reach new heights that were never imaginable.

Come Join This Exciting Program!
Register online: www.WilbrahamRec.com