



2018-19 LI`L DEVILS YOUTH WRESTLING PROGRAM

Location: Columbia High School Wrestling Room

Dates: November 27-March 28th (Every Tuesday & Thursday)
6pm - 8:30pm

Registration Dates: October 23rd from 6pm-7pm
November 7th & November 20th 6pm-7pm
At Columbia High School in the Athletic Hallway.

Fee: \$55 PER WRESTLER / \$100 for members for 2 in a family

Includes:

T-shirt, Additional Insurance, Instructional Practices, Youth Travel Team Matches (Optional) & Year-end Awards Party.

Grades: Groups: K-2nd, & 3rd, 4th, 5th & 6th

- The first practice will be on **11/27**. We will make adjustments as necessary to accommodate proper grouping based on weight, age and skill level.

*** No Wrestling experience is necessary for any grade level. We`ll teach you the fundamentals of Wrestling. The program will offer various levels of instruction tailored to the skill levels of the wrestlers in the program. A variety of wrestling games to improve coordination and agility will also be included. In group 2 the program will include teaching wrestling technique, skill drilling, match preparation, and live supervised wrestling situations***

*The program will be taught by the Coach Merhige, The Columbia Wrestling High School and Modified Wrestling staff. ***

If any additional information is needed e-mail Michael Merhige at:

MerhigeMi@yahoo.com or ServidoneAn@egcsd.org

518-207-2082 (M-F / 7AM-2PM)

Twitter: [@BlueDevilsWrestling@expect2win4life](https://twitter.com/BlueDevilsWrestling)

2018-2019 COLUMBIA BLUE DEVILS YOUTH WRESTLING

NAME: _____ Age: ____ Wt. _____ Grade _____

Address: _____

E-MAIL: _____

Home Ph. # _____ Cell Ph. # _____

Who to Contact in case of Emergency: _____

Phone # of Emergency Contact: _____

Your Elementary School or Middle School: _____

Wrestling Experience (Check One): Beginner ____ 2nd Year ____
3yrs. or more _____

T-SHIRT SIZE (circle): XS, SM., MED., LARGE, XL. XXL

YOUTH SIZE: QTY: ADULT SIZE: QTY:

\$55 per child / \$100 for 2 or more (family) Cash _____
Check # _____

If paying by check please Make Checks payable to:

Columbia Wrestling Booster Club