

# Moreau Rec Youth Wrestling

Join the Bulldog Youth Wrestling Program sponsored by the Town of Moreau, this program will offer fun, exercise, self-esteem, and basic to advanced wrestling skills for all ages.

**Who:** South Glens Falls School District Residents Only!!! Grades 1-6

**When:** Starts Tuesday January 3<sup>rd</sup> / Ends March 29th  
\*Every Tuesday and Thursday with the exception of Regents Week 1/23-1/27, February break 2/20-2/24 and all Weather cancellations. NO SCHOOL, NO PRACTICE

**Where:** Practices will be in the Senior High Wrestling Room!

**How:** Sign Ups at the Town Hall on Sat. Oct. 29, from 9am-12pm  
Save time by mailing your form and \$10 fee to Attention:  
Town of Moreau  
Rec. Youth Wrestling  
61 Hudson Street  
South Glens Falls, NY 12803

**Younger Group:** Practices for grades 1-3 will be at 5:30-6:15pm  
and some Saturdays TBA  
\*\*\* NEW Tumbling/Gymnastics based focus\*\*\*

**Older Group:** Practices for grades 4-6 will be at 6:15-7:30 p.m.  
and some Saturdays TBA

**NEW: No one will be allowed up stairs with STREET SHOES**

**What to Wear:** All Wrestlers should have gym shorts, t-shirt, and CLEAN sneakers. (Wrestling shoes are recommended)

**Cost:** \$10 for participation and includes a t-shirt



Town of Moreau Recreation Director: Stephen Gram @ 793-0196

Varsity Head Coach: Jason Spector @ 792-5891 ext. 4169

Send in or Bring this Moreau Rec Youth Wrestling Program Sign-Up sheet

Name \_\_\_\_\_

Address \_\_\_\_\_

EMAIL Address: \_\_\_\_\_

Phone Number \_\_\_\_\_ Age \_\_\_\_\_

School Grade \_\_\_\_\_ Years Wrestling \_\_\_\_\_

Parent or Guardian:

(Print) \_\_\_\_\_ Parent(Signature) \_\_\_\_\_

Shirt Size: 10/12 14/16 Adult S Adult M Adult L Adult XL