

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 wrestling skills for all ages.

When: Starts Tuesday **January 5th**
*Every Tuesday and Thursday with the exception of Regents
Week 1/25-1/29, February break and all
Weather cancellations. **NO SCHOOL, NO PRACTICE**

How: Sign Ups at the Town Hall on Dec. 5th from 10am-12pm
Save time by mailing your form and \$10 fee to Attention:
Town of Moreau
PO Box 1349
South Glens Falls, NY 12803

Where: Practices will be in the NEW Senior High Wrestling Room!
Located above the high school weight room.

Younger Group: Practices for grades 1-3 will be Tuesdays and Thursdays
5:30-6:15pm (Jan. 6th - Mar. 30)

Older Group: Practices for grades 4-6 will be on Tuesdays and Thursdays
6:15-7:30pm (Jan. 6th - Mar. 30)

Who: So. Glens Falls School District Residents Only!!! Grades 1-6

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

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



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 _____

Phone Number _____ Age _____

School Grade _____ Years Wrestling _____

Parent or Guardian (Print) _____

Parent (Signature) _____

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