WRESTLING

18 SESSIONS

6 - 7:30 P.M.

$100
INCLUDES A CAMP T-SHIRT

STUDENTS IN GRADES 1-6

Wrestlers will be matched by age and weight. Students with and without experience are welcome.

LOCATION

Amherst High School, Sportsplex
Use Westmoreland parking lot

LEAD INSTRUCTOR

Brian Simonson
A former Virginia state champion with 20 years of coaching experience.

REGISTRATION CODE: W310B

All registration is completed online, including T-shirt size

Questions?
Lori Sosenko, Community Education Liaison
Office Phone: 716-362-3031
Email: LSosenko@amherstschools.org

SESSION DATES
MONDAY AND WEDNESDAY

- Nov. 30
- Dec. 2, 7, 9, 14, 16, 21
- Jan. 4, 6, 11, 13, 20, 25, 27
- Feb. 1, 3, 8, 10
- No sessions on Wednesday, Dec. 23 or Monday, Jan. 18

TYPICAL PRACTICE

- Warm-up activities (run, stretch, tumbling)
- Review and practice old skills
- New skill learning
- Wrestling competitions
- Wrestling related games
- Character Talk

REWARDS OF WRESTLING

We teach fundamental skills of amateur wrestling and stress the importance of preparation, dependability, work ethic, resiliency, and determination, maintaining perspective and leadership.