

# Victor Youth Wrestling Club



## Philosophy of Victor Youth Wrestling

Our goal is to teach basic wrestling fundamentals that our young athletes will use throughout their wrestling careers. We believe that mastering the fundamentals will enable our youth wrestlers to compete at the highest level within their age and weight division as well become a building block for future development. The coaching staff has several members who have competed at the NCAA Division 1 level and have coached athletes between the youth and varsity level.

In addition to teaching fundamentals of wrestling, the coaching staff will also provide a strong emphasis on character building and sportsmanship, strength and conditioning, and most importantly having fun!

## Competitive Wrestling

The advanced level wrestlers will be competing in the Greater Rochester Youth Wrestling League GRYWL (GRYWL) [www.grywl.com](http://www.grywl.com). The GRYWL is designed to be a competitive league for town based youth wrestling programs within the western New York and the Greater Rochester area region. If interested, please be sure to select the advanced session. There will also be several individual tournaments throughout the season that wrestlers will be encouraged to compete in, but this is NOT a requirement to participate in the Victor Youth Wrestling Club.

REGISTRATION Please go to:

[www.victorwrestling.com](http://www.victorwrestling.com)

Location: Victor High School  
Wrestling Room

## Advanced/Competition

(requires at least 2yr's experience &  
Min Age of 7)

Tuesday & Thursday  
6:30-8:00 in December  
7:00-8:30 Jan-March

Start and End Dates:  
11/28/2017 to 03/08/2017

## Novice – Ages 5 and Up

Tuesday & Thursday  
6:00-7:00

Start and End Dates:  
01/09/2018 to 03/08/2018

