



# GREECE JR STORM WRESTLING CLUB

2022-2023

FOR KIDS IN GRADES K-6 (BOYS & GIRLS)

## **REGISTRATION:**

In person Nov 9<sup>th</sup> 5:30-7:30pm Greece Arcadia Middle School cafeteria.  
You may also register the first day of practice

## **COST:**

\$100 per wrestler (\$75 for each additional sibling from same family)

## **PRACTICE:**

**K-2<sup>nd</sup>** TUES & THURS 6:30-7:30PM - Practice begins Nov 15<sup>th</sup>

**3<sup>rd</sup>-6<sup>th</sup>** MON & WED 6:30-7:45PM - Practice begins Nov 14<sup>th</sup>

## **LOCATION:**

Greece Arcadia Middle School Auxiliary Gym  
130 Island Cottage Rd Rochester, NY 14615

## **PRACTICES INCLUDE:**

Warm-up exercises, technique, drilling and live wrestling. Wrestlers will have the opportunity to compete in various tournaments.

## **PRACTICE EQUIPMENT:**

Wrestling shoes, shorts, t-shirt, sweats, no jeans, headgear optional

## **COACHING STAFF:**

ELLIS SNOW, JOEY BONALDI, JOEL SASSO, CHAD COSTANZA,  
BRIAN ROBERTS, MIKE ARGENTO & MARCUS LEIBENGUTH

QUESTIONS PLEASE EMAIL [JRSTORMWRESTLING@YAHOO.COM](mailto:JRSTORMWRESTLING@YAHOO.COM)