

2016-2017

“LITTLE DEVILS” YOUTH WRESTLING TEAM

FOR KIDS IN GRADES K-6

NOVEMBER 21 – MARCH 11

NOVICE SESSIONS MONDAY NIGHT 7-8PM

ADVANCED SESSIONS MONDAY/THURSDAY NIGHT 7-8PM, SUNDAYS TBD

Wrestling is one of the most popular sports in the world. It develops strength, agility, speed, toughness, work ethic, and encourages a healthy lifestyle.

Each **NOVICE SESSION** will include warm-up exercises, stretching, technique demonstration and drilling, along with opportunities for live wrestling.

Each **ADVANCED SESSION** will include a brief warmup, technique instruction, drilling and live wrestling. These sessions are intended for wrestlers with previous experience. Members will have the opportunity to represent the “Batavia Little Devils” at various tournaments.

Batavia Little Devils Head Coach: Rick Stewart

•Batavia Head Varsity Coach 2001-Present
•Mentored 7 individual sectional champions
& 4 NYS qualifiers

•2012 & 2015 MCPHSAA Division 3 Coach of the Year
•Coached 3 NYS youth champions, 5 All-State wrestlers,
& 2 All Americans.

Guest Clinicians

We will have guest clinicians throughout the year.

Registration: Register ONLINE at wrestlereg.com by NOVEMBER 18.

1st practice: November 21ST Robert Morris Gym.

Novice – REGISTRATION FEE \$40. For 1st and 2nd year wrestlers, practice on Monday nights 7-8pm.
(Includes T-shirt and Batavia Tournament Entry)

Advanced – REGISTRATION FEE \$100. For advanced wrestlers, practice on Monday and Thursday nights 7-8pm, as well as weekend practices when not competing. (Includes T-shirt, Batavia Tournament Entry, and **NYWAY** Insurance card.

**10% off registration for additional wrestlers in family household.*

Novice wrestlers may move to Advanced with coach recommendation

- First practice is Monday, November 21st @ Robert Morris Gym
- Practices will be held Nov 21 – Mar. 11.
- Practice Times 7-8:15pm (Schedule will be provided and times may change)
- Ages 5 and up
- Practice Equipment (Wrestling shoes, shorts, t shirt, sweats for practice, NO jeans)

TOURNAMENTS

*We will participate in tournaments throughout the year if you so choose to enter, tournament entry fees are not included, schedule will be provided, NYWAY card needed for some entries.

TOURNAMENT AGE GROUPS: 6&U, 7-8, 9-10, 11-12, 13-14

Questions contact Rick Stewart (585) 409-1742 or email at allstarfence2005@yahoo.com