



COMMUNITY EDUCATION Winter 2017

Youth Wrestling (Grades 1-6)

Come join the fun of the Amherst Youth Wrestling Program! Your kids will learn fundamental skills of amateur wrestling through drills, games and competition within the group. Wrestlers will be matched by age and weight. Staff will work to foster development of "lifelong skills" (e.g. sportsmanship, perseverance, and mental toughness).

Typical Practice:

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



The youth program is coordinated by Dennis Bauer, head coach of the Amherst varsity wrestling program. The youth program is coached by Brian Simonson, a former Virginia state champion with 10 years of coaching experience.

Registration Code: W310B

Once a week prior to Winter Break: (Thurs. 11/9, Thurs. 11/16, Tues. 11/21, Thurs. 11/30, Tues. 12/5, Tues. 12/12, Tues. 12/19)

Twice a week after Winter Break: (Tuesdays and Thursdays, from 1/2 to 2/8)

Time: 6:00-7:30 PM

Fee: \$65

Amherst High School - Sportsplex (old pool located under North Gym)

A NEW ONLINE REGISTRATION SYSTEM will be used to register **ALL** participants at:

<https://amherstschoools.revtrak.net/>

REGISTRATION INSTRUCTIONS are available through our website:

1. Go to www.amherstschoools.org
2. Click on the **Department Tab** on top of the page
3. Select **Community Education**
4. Click on link for **Online Registration Instructions**

Payment by credit card will be approved and processed through the system upon completion of the registration. If paying by cash or check, please register the participant through our online system and submit the payment by mail or in person to: Amherst Community Education, District Office, 55 Kings Highway, Amherst, NY 14226. Please include the participant's name and class number with cash or check payment. If you have any questions, please contact Darcy Daigler