

# HONEOYE FALLS - LIMA YOUTH WRESTLING CLUB

## REGULAR SEASON REGISTRATION FOR BEGINNERS AND ADVANCED WRESTLERS Club Information

**Coaches:** Joseph McVige, Don Spaulding, Matt Winseman, Scott Winseman, Mike O'Connell & Rob Hatch

**Note:** If you want to volunteer, bring your shoes and get on the mat.

**\*Up to date US Safe Sport Training required to volunteer\***

**Grades:** K-6 (If you have a PreK child and you're interested, inquire on an individual basis)

**Where:** Manor School Gym

**Cost:** \$100 for the first wrestler, \$50 family rate for each additional wrestler.

**Venmo @HFL-Wrestling cash or check**

**Email registrations to HFLYOUTHWRESTLING@GMAIL.com**

**Note:** For insurance reasons, every wrestler **MUST** obtain a NYWAY membership. This is done online at a \$17 cost. Please register at [www.nyway.org](http://www.nyway.org). Click memberships/individual memberships. Please contact us if you have any questions.

**Need:** T-Shirt, shorts (or sweatpants), wrestling shoes & water bottle.

**Note:** We have some shoes that people can borrow (first come, first serve).

**Extras:** We encourage our wrestlers to get out there and compete!

\* Tournaments start getting posted in early December for the season.

\* **GRYWL:** Our team competes in the Greater Rochester Youth Wrestling League for the GRYWL Cup. We have won the championship twice and were the runner up last year. Lets take back our title!

### Goals:

\* Introduce & Develop Advanced Wrestling Techniques.

\* Encourage Self Confidence & the belief that **HARD WORK** pays off.

\* Stress Sportsmanship, Integrity & Teamwork.

\* Promote FUN in a Physical/Competitive Setting.



## SCHEDULE

November 14, 2022 to March 30, 2023

### PRACTICE TIMES:

**MONDAY : 6PM-8PM**

**WEDNESDAY : 6PM-8PM**

**THURSDAY: 6PM - 8 PM**

**WEEKEND CLINICS: TBD**

For Additional Information:

Call Matt Winseman: (585) 355-1313

Email: [HFLYOUTHWRESTLING@GMAIL.COM](mailto:HFLYOUTHWRESTLING@GMAIL.COM)