

# ROYALS WRESTLING

Sponsored by U.S.A. Wrestling Association, Inc.

## COME JOIN THE FUN!

Training begins December 3<sup>rd</sup> and runs until February 25<sup>th</sup>

### GRADES K-6 Monday Nights 5:30-6:30

**Dates of Practice: December 3,10,17 January 7,14,28 February 4,11,25**

Equipment: Shorts, T-Shirt, Wrestling Shoes or Sneakers

*Coaches: Jesse Meaney, James Sinclair, Michael Maletta, Port Jefferson USA Wrestling staff, as well as Port Jefferson High School wrestlers*

*Training Site: Port Jefferson Wrestling Room (Underneath the H.S. Tech Ed. Building)*

*Registration: \$90 (second sibling discounts are available)*

Make Checks Payable to: ROYALS WRESTLING

Mail to: ROYALS WRESTLING

42 Hileen Drive

Kings Park N.Y. 11754

We will provide expert instruction in the fundamentals, technique and the conditioning of wrestling. The students will have the opportunity to exercise, drill, and execute holds as well as wrestle live. During the three month training period they will develop skills, learn discipline, build confidence and have fun. If you have any questions, please call Royal Kid Wrestling Director Michael Maletta at (516) 510-8061.

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Additional contact \_\_\_\_\_ E-Mail \_\_\_\_\_

Grade \_\_\_\_\_ Years in the Program \_\_\_\_\_ T-Shirt size (Adult S-M-L/Youth S-M-L)

Family Medical Insurance \_\_\_\_\_

*I hereby give my son/daughter permission to participate in the ROYALS WRESTLING kid program. I also understand the assumption of risk and possibility of injury with the involvement in an athletic sport. In case of an emergency the guardian's medical insurance coverage is responsible first and USA Wrestling is only the secondary coverage. I give my child consent to participate in all activities permitted by the coaches and I am aware that should an accident occur I relieve the coaches of ROYALS WRESTLING of any liability.*

Signature of Parent: \_\_\_\_\_