

AMITY YOUTH WRESTLING



GET READY TO WRESTLE WITH THE AMITY SPARTANS!

Boys and Girls, are you interested in learning self-defense and having fun? If so, come join Amity Spartans Youth Wrestling. Wrestling teaches self-discipline, hard work, and determination. All boys and girls, grades K-8, are encouraged to join. All participants wrestle against opponents of their own age, weight, and ability. No experience necessary!

OUR 10th SEASON BEGINS ON NOVEMBER 27, 2023, & ENDS ON MARCH 6, 2024

Location: Amity High School, 25 Newton Rd, Woodbridge

Practice Schedule: Monday & Wednesday

- Session 1 (Grades K-3): 6:00 pm - 7:00 pm
- Session 2 (Grades 4-8): 7:00 pm - 8:15 pm
 - *Note: Times & Sessions may be adjusted based on wrestler weight & skill level.*

Equipment: All wrestlers need wrestling shoes, headgear, sweatpants/shorts to wrestle. Singlets are provided to you by the club.

Cost: \$215 Includes USA Wrestling Card, T-Shirt, Shorts, Team Photo & Hoodie (*\$165 Per Child*)

- **Payment Methods:** Check or Venmo (@Michael-Cala-4)

SIGNUP: [AYW Registration](#)

Tournaments are held on Sundays in various parts of the state. Tournaments are optional, but they are highly recommended to improve your child's wrestling skills and self-confidence.

Any questions contact Mike Cala, 203-974-9493, AmityYouthWrestling@gmail.com

