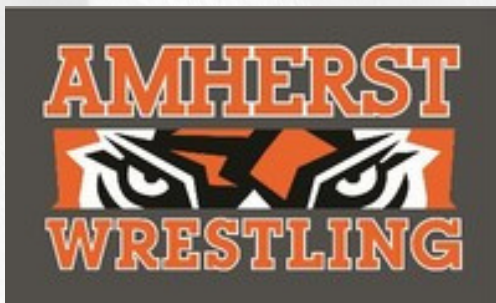




## COMMUNITY EDUCATION WINTER 2023-2024



# WRESTLING

**20 SESSIONS**

**6 - 7:30 P.M.**

**\$100 - INCLUDES A CAMP T-SHIRT**

### STUDENTS IN GRADES 1-6

Wrestlers will be matched by age and weight. Students with and without experience are welcome.

### LOCATION

Amherst High School Sportsplex  
Use Westmoreland entrance

### LEAD INSTRUCTOR

#### **Brian Simonson**

A former Virginia state champion with 20 years of coaching experience. He will be joined by coaches **Jon Kapus** and **Spencer Kiesling**.

### REGISTRATION CODE: W310B

All registration is completed online, including T-shirt size

**[www.amherstschoools.org](http://www.amherstschoools.org)**

Community tab, select Community Education

#### **Questions?**

Lori Sosenko, Community Education Liaison  
716-362-3031

[LSosenko@amherstschoools.org](mailto:LSosenko@amherstschoools.org)

### SESSION DATES

Nov. 14, 16, 21, 28, 29

Dec. 5, 7, 13, 14, 19

Jan. 9, 11, 16, 18, 23, 25, 30

Feb. 1, 6, 8

### TYPICAL PRACTICE

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

### REWARDS OF WRESTLING

We teach fundamental skills of amateur wrestling and stress the importance of preparation, dependability, work ethic, resiliency, and determination, maintaining perspective and leadership.

**Registration link**



**[www.amherstschoools.org](http://www.amherstschoools.org)**