Youth Wrestling (Entering Grades 3\textsuperscript{rd} - 8\textsuperscript{th})

Registration Code:  W310B
Dates:  July 15-19
Time:  8:30-11:30 AM
Cost:  $50 (includes a Camp T-Shirt)
Location:  Smallwood Drive Elementary

Wrestling is a sport which offers many rewards. In addition to teaching fundamental skills of amateur wrestling our program stresses the importance of preparation, dependability, work ethic, resiliency, and determination, maintaining perspective and leadership.

Wrestlers will be matched by age and weight. This program is designed for students entering Grades 3\textsuperscript{rd} through 8\textsuperscript{th}. Students with and without experience are welcome.

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

The youth program is coordinated by Dennis Bauer, head coach of the Amherst varsity wrestling program.

ONLINE REGISTRATION SYSTEM will be used to register ALL participants at:
REGISTRATION INSTRUCTIONS are available through our website:

1. Go to [www.amherstschools.org](http://www.amherstschools.org)
2. Click on the Department Tab on top of the page
3. Select Community Education
4. Click on link for Summer 2019 Wrestling

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 at (716) 362-3080 or email: ddaigler@amherstschools.org