LYONS COMMUNITY CENTER JUNIOR WRESTLING TEAM



WHEN: Starting February 2nd

6:00-7:00 (See Schedule)

WHERE: The Wrestling Room at the High School

The Lyons Junior Wrestling Program will be sponsored once again by the Lyons Community Center. This is an introductory program to the basics of scholastic wrestling. Information for local junior wrestling tournaments will be distributed. Junior wrestlers (grades 3-6) should report directly to the High School Wrestling Room, located next to the Ohman Fitness Center.

Cost: Due to the cost of insurance there will be a mandatory fee of \$10.00 for all those that plan to wrestle.

Two options (please check one):	1. Insurance fee only enclosed (\$10.00). Or
	2. \$15.00 includes insurance & T-shirt (Not a fundraiser).
T-shirt sizes do run small! *** Size	e for T-shirt

**** Checks only, payable to Lyons Junior Wrestling. ****

With your support, I know that we can make the Lyons Junior Wrestling Program a fun and successful learning experience for your child.

John K. Lawson Lyons Varsity Wrestling coach

LYONS COMMUNITY CENTER JUNIOR WRESTLING

NAMEADDRESS		PHONE
		EMERGENCY #
AGE	GRADE	WEIGHT
		INFORMATION
Junior Wrestling nor the junior w	g Program. The Lyons	articipate in the Lyons Community Center s Community Center, Lyons Central School, se held responsible for injuries incurred
NAME OF FAM	IILY DOCTOR	
DOCTOR'S PH	ONE NUMBER	
	D TAKING MEDICATI	
	HILD EXPERIENCED A BILITY TO WRESTLE?	A PREVIOUS ILLNESS THAT WOULD ?
		L SERVICES BE REQUIRED FOR YOUR L BE CONTACTED IMMEDIATELY!!!
I HAVE READ	THE ABOVE FORM A	ND UNDERSTAND IT COMPLETELY:
(SIGNATURE (OF PARENT OR GUA	RDIAN) (DATE)

LYONS JUNIOR WRESTLING PRACTICE SCHEDULE

<u>February</u>				
Wednesday	2 nd	6:00-7:00		
Monday	7 th	6:00-7:00		
Wednesday	9 th	6:00-7:00		
Monday	14 th	6:00-7:00		
Wednesday	16 th	6:00-7:00		
Monday	21 st	6:00-7:00		
Wednesday	23 rd	6:00-7:00		
Monday	28 th	6:00-7:00		
<u>March</u>				
Wednesday	2 nd	6:00-7:00		
Monday	7 th	6:00-7:00		
Wednesday	9 th	6:00-7:00 (Pizza party)		

Note:

Due to the lack of appropriate seating, parents will not be allowed in the Wrestling room to watch practice. The fitness room will be open, which is located next to the wrestling room. Parents are welcome to use the Ohmann Fitness Center during practice.