



FAIRFIELD WRESTLING

Become a part of a winning tradition...

The **Police Athletic League** (a non-profit organization) is sponsoring Youth wrestling programs for students in grades 3rd -5th and 6th -8th
*****Free Clinic @ Warde HS November 9 from 11-12:15pm*****



- Sign ups for **ALL** programs will be **Thursday, November 14th** in the small gym at Warde HS from 7-8pm.
- **ALL Programs begin the week of December 2nd and ends the week of March 2nd.**
- The program is run by Coach Jason Shaughnessy, Head coach Warde HS. Questions?? fairfieldpal@gmail.com or cell 203-767-6527

Elementary School Wrestling (3rd – 5th)

- 1) **FIRST PRACTICE December 2nd ENDS: March 2nd (24 sessions)**
 - 2) Practice Schedule: ALL @ FIT CLUB – 210 Old Dam Rd (by Par 3)
 - 3) Mon 6:15-7:30pm and Wed 5:30-6:45pm
 - 3) Program cost \$150: **\$100 check to FIT CLUB and \$50 to Fairfield PAL**
 - 4) All elementary wrestlers will receive a PAL Wrestling T-Shirt and sweatshirt
- Coaches: Joe Oppedisano and Matt Cuoco

Middle School Wrestling (6th – 8th)

- 1) **FIRST PRACTICE December 2nd ENDS: March 3rd (37 sessions)**
 - 2) Practice Tuesday and Friday 6-7:30pm WARDE. Thursday 6-7:30pm at Ludlowe.
 - 3) **Program cost \$150: 2 checks: \$100 Fairfield PAL and \$50 to Fit CLUB**
 - 4) All Middle school wrestlers will receive a PAL Wrestling T-Shirt and Sweatshirt
 - 5) Wrestlers can join the competition team at any time for by purchasing a USA card.
- Coaches: Jeremy Kelly, Paul Rasmussen, Joe Oppedisano, Jason Shaughnessy, Mike Jacobs

*****Competition Team (5th – 8th)(40 sessions)*****

- Wrestlers in grades 5th – 8th are eligible (4th with coaches approval)
- Practices will be Tuesday and Friday 6-7:30pm at Warde. Thursday at Ludlowe. Fridays include 30 min **Fit Club** strength and agility session at Warde each week during practice session.
- Competition team **will participate** in Sunday USA tournaments. We may have some competitions on Saturdays or during the week.
- Registration fee of **\$190 includes:** T-Shirt and Sweatshirt. Registration also **includes \$43 USA Wrestling Card**
- **Competition Team:** You will need **2 checks:** one for **PAL Wrestling (\$100)** and one to **FIT CLUB (\$90)**. (Fee includes \$43 USA wrestling card).
- **Competition Team Coaches:** Jeremy Kelly, Paul Rasmussen, Joe Oppedisano, and Jason Shaughnessy.

- PAL Registration forms and info available at: <http://fairfieldpal.org/>

~Financial assistance and sibling discounts available upon request~