



# 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 3<sup>rd</sup> -5<sup>th</sup> and 6<sup>th</sup> -8<sup>th</sup>



- Sign ups for **ALL** programs will be **Thursday, November 17<sup>th</sup>** in the small gym at **Warde HS** from **7– 8pm**.
- **ALL Programs begin the week of November 28th and ends the week of March 6<sup>th</sup>** .
- The program is run by Coach Jason Shaughnessy, Head coach Warde HS. Questions?? [fairfieldpal@gmail.com](mailto:fairfieldpal@gmail.com) or cell 203-767-6527

## Elementary School Wrestling (3<sup>rd</sup> – 5<sup>th</sup>)

- 1) **FIRST PRACTICE November 28th**
- 2) Practice Schedule: WARDE Mon 5:45-7pm and FIT CLUB Wednesdays 6-7:15pm
- 3) Program cost \$110: \$40 check to **Fairfield PAL**. \$70 to **FIT CLUB**
- 4) All elementary wrestlers will receive a T-Shirt,  
**\*\*Elementary team may participate in USA tournaments or matches, a USA card (\$37) will need to be purchased to participate.**

## Middle School Wrestling (6<sup>th</sup> – 8<sup>th</sup>)

- 1) **FIRST PRACTICE Nov 30th**
- 2) Practice Wednesday (Warde) 6:15-7:45
- 3) Friday (Warde) 6-7:30pm
- 4) Program cost \$110: checks to **Fairfield PAL**
- 5) Middle school wrestlers will get a T-shirt.
- 6) Wrestlers can join the competition team at any time for by purchasing a USA card.

## \*\*\*Competition Team (5<sup>th</sup> – 8<sup>th</sup>)\*\*\*

- Wrestlers in grades 5<sup>th</sup> – 8<sup>th</sup> are eligible (4<sup>th</sup> with coaches approval)
- Practices will be Monday 5:30pm-7pm at FIT CLUB. Practice will also be Wednesday 6:15-7:45 and Friday 6-7:30pm at Warde.
- Competition team **will participate** in Sunday USA tournaments. We may have some competitions on Saturdays or during the week.
- Registration fee of \$140 includes: T-Shirt and Sweatshirt. Registration also **includes \$37 USA Wrestling Card**
- **Competition Team:** You will need **2 checks**: one for **PAL Wrestling (\$70)** and one to **FIT CLUB (\$70)**. Fee includes \$36 USA card.

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

*~Financial assistance available upon request~*