



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



- Sign ups for **ALL** programs will be **Thursday, November 16th** in the small gym at Warde HS from 7– 8pm.
- **ALL Programs begin the week of November 27th and ends the week of March 5th.**
- 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 November 27th –run until March 5th**
 - 2) Practice Schedule: Warde Mon 6:15-7:30pm and FIT CLUB Wed 6:15-7:30pm
 - 3) Program cost \$120: \$40 check to **Fairfield PAL**. \$80 to **FIT CLUB**
 - 4) All elementary wrestlers will receive a T-Shirt,
- **Elementary team may participate in USA tournaments or matches, a USA card (\$42) will need to be purchased to participate.**

Middle School Wrestling (6th – 8th)

- 1) **FIRST PRACTICE Nov 29th – Runs until March 7th.**
- 2) Practice Wednesday (Warde) 6-7:30pm
- 3) Friday (Warde) 6-7:30pm
- 4) Program cost \$120: 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 (5th – 8th)*****

- Wrestlers in grades 5th – 8th are eligible (4th with coaches approval)
- Practices will be Monday 5:30pm-7pm at FIT CLUB. Practice will also be Wednesday 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 \$160 includes: T-Shirt and Sweatshirt. Registration also **includes \$42 USA Wrestling Card**
- **Competition Team:** You will need **2 checks**: one for **PAL Wrestling (\$80)** and one to **FIT CLUB (\$80)**. Fee includes \$42 USA card.

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

~Financial assistance available upon request~

Elementary School Wrestling (3rd – 5th)

- 1) **FIRST PRACTICE November 30th**

- 2) Practice Schedule
 WARDE Mon 6-7:15pm and
 FIT CLUB Wednesdays 6-7:15pm

- 3) Program cost \$120: \$40 check to **Fairfield PAL**. \$80 to **FIT CLUB**

- 4) All elementary wrestlers will receive a T-Shirt.

Middle School Wrestling (6th – 8th)

1) **FIRST PRACTICE November 30th.**

2) Practice :

WARDE: Wednesday 6-7:30pm

WARDE: Friday 6-7:30pm

3) Program cost \$120: checks to **Fairfield PAL**

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

- Practices
 - Monday 5:30pm-7pm at FIT CLUB.
Wednesday and Friday 6-7:30pm at Warde.
- Registration fee of \$160 includes: T-Shirt and Sweatshirt.
Registration also **includes \$42 USA Wrestling Card**
- **Competition Team:** You will need **2 checks**:
 - **PAL Wrestling (\$80)** and one to
 - **FIT CLUB (\$80)**. Fee includes \$36 USA card.