



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 13th** in the small gym at Warde HS from 7– 8pm.
- **ALL Programs begin the week of December 1st 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**
 - 2) Practice Schedule: LUDLOWE Tue 6-7:15pm and WARDE Wednesdays 6 -7:15pm
 - 3) Program cost \$100: checks to **Fairfield PAL**
 - 4) All elementary wrestlers will receive a T-Shirt and Shorts.
- **Elementary team may participate in USA tournaments or matches, a USA card (\$36) will need to be purchased to participate.**

Middle School Wrestling (6th – 8th)

- 1) **FIRST PRACTICE Dec 4th.**
- 2) Practice Tuesdays (Warde) 6-7:30pm
- 3) Thursdays (Ludlowe) 6-7:30pm
- 4) Program cost \$100: checks to Fairfield PAL
- 5) Middle school wrestlers will get a T-shirt and shorts.
- 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, Tue and Friday at 6-7:30pm at Warde. Also Thursday at Ludlowe 6-7:30pm is available (wrestlers attending Ludlowe HS are encouraged to go on Thursdays, which could replace Tuesdays)
- Competition team **will participate** in Sunday USA tournaments. We may have some competitions on Saturdays or during the week.
- Registration fee of \$136 includes: Shorts, T-Shirt and Sweatshirt. Registration also **includes \$36 USA Wrestling Card**
- **Competition Team:** You will need **2 checks**: one for **PAL Wrestling (\$100)** and one to **cash** (\$36) for USA Card.

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

~Financial assistance available upon request~