

Lisbon Rec Youth Wrestling

Wrestling clinics, practices & a season-ending tournament.

Cost: Registration fee of \$20/child (Lisbon residents) or \$30 for non-Lisbon residents (if space permits, as 30 of 48 slots will be held for Lisbon residents, while 18 are initially open to non-residents)

Who: Lisbon boys & girls in grades 3-8 and limited surrounding town students from Griswold, Canterbury, Sprague, Franklin etc (if space available). No experience needed. Limited to 48 wrestlers, with 24 per age group (tentative groupings are grades 3-5 and grades 6-8, but may be adjusted if enrollment is significantly higher for either session).

When: Tuesdays & Thursdays 4:15pm-5:25pm grades 3, 4 & 5 and 5:35pm-6:45pm grades 6, 7 & 8 (allowing middle school students who are playing basketball for their school to also wrestle)

Where: Sunfox Campground Rec Hall (15 Kenyon Rd Lisbon). Please drive slowly through campground and neighborhood. Parking available on campsites located past the office/rec hall building (down hill, either side of road)

Date Range: Late-November through end of January (approximately 8 weeks, with a concluding tournament for those who attend at least 2/3 of the sessions). Thursday Nov. 18: Intro, meet & greet & sign-up night from 5:00-6:30pm; skip Thanksgiving week; Start Nov 30/Dec 2; Dec 7 & 9; Dec 14 & 16; Dec 21 & 23; skip holiday week; resume Jan 4 & 6; Jan 11 & 13, Jan 18 & 20 with concluding tournaments on Jan 25 & 27 (divisions based on age & weight).

- No experience needed. Short sessions teaching basics of wrestling, as well as physical fitness and sportsmanship.
- T-shirts and shorts are to be worn, but if a chilly night, please consider sweatpants & sweatshirt (limited heat in our wrestling room). Please bring a water bottle, and note that there are no locker rooms (and the bathrooms are not in the same building, so try to take care of business prior). Guest instructors may include coaches and former collegiate wrestlers.
- Wrestling shoes encouraged but not required (to keep mats clean, wrestlers must change into the shoes they will wear on the mat after entering the wrestling room wearing "outside shoes"—do not enter wearing your "wrestling shoes").
- Until further notice, based on DPH guidance, masks will be required for participants during instruction, drills etc, but may be removed during limited live wrestling and for water breaks. Parents are not required to remain (limited space...Lisbon Landing is 5 minutes away, so you can go do some shopping), but if opting to stay, no more than 1 parent (who must remain masked at all times). Sorry, due to space limitations and current DPH guidance, no other non-participants permitted, including younger siblings (unless sibling is a participant in the earlier or later session).

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Lisbon Youth Wrestling Registration Form

Wrestler Name: _____ Grade: _____ Date of Birth: ___/___/___ Weight: _____ (est)

2nd Wrestler of same family: _____ Grade: _____ Date of Birth: ___/___/___ Weight: _____ (est)

Address: _____ City: _____ Zip: _____

Parent/Guardian Name: _____ Parent Contact Phone: _____

Parent Signature: _____ email: _____

Emergency contact name _____ Phone: _____

Parent signature above constitutes waiver, releasing Town of Lisbon, any associated coaches and host location of Sunfox Campground LLC from all liability for any injury or accident that may occur during course of this program.

Please mail this portion of the form, along with registration fee to: Dave Nowakowski 15 Kenyon Rd Lisbon CT 06351 (check may be made out to "Town of Lisbon Recreation"), or see us at registration night Thurs Nov 18 from 5pm-6:30pm

Additional options: Those interested in additional instruction and local or regional tournaments should consider joining USA Wrestling (\$46/season). Membership is required to attend tournaments (other than our free event limited to our participants). See www.usawmembership.com to enroll. If enough wrestlers get their USA cards, we will attempt to schedule a match or 2 against other local schools/clubs. Numerous private wrestling clubs are offered in the region, and we will offer one additional session starting in January for those who wish to enroll in USA Wrestling (either Monday, Wed or Fri, varying from week to week based on interest, availability and local high school schedules), as well as a one month extension of the season through Feb 25, 2022 with 1 class per week. Please note that local tournaments are typically conducted on Sundays, and are not recommended for first year wrestlers unless it is a NOVICE event. Your child's USA card does not cover the cost of these other tournament entry fees.

Any parent with wrestling experience is welcome to assist with the Lisbon Rec clinic and practices, but if coaching with the USA Wrestling sessions, or if looking to coach at any tournaments, you will be required to complete a free USA wrestling Safesport course, get a wrestling leader card (\$52/yr) and a USA wrestling background check (\$30 every 2 yrs).

For more information on this program, please call Dave Nowakowski at 860-705-2629 or email any questions to dave@sunfoxcampground.com. See our Facebook page under "Sunfox Youth Wrestling" as well as our website at <https://sunfoxcampground.com/wrestling/> Also, a "teamsnap" type group will be established to update parents about any weather cancellations or changes. There will NOT be any "group text" formed, as they are terribly annoying.

Wrestling provides athletes a chance to improve balance, strength, flexibility, self-confidence, mental toughness, fitness, discipline, teamwork and work ethic. Unlike many sports, any size or body type can wrestle, as there are weight classes that promote competition against similarly sized opponents. For more general information on wrestling, there are numerous websites explaining the basic rules and techniques.

Any cancellation/postponement due to weather (snow or bitter temperatures below 20 degrees) will be announced by 3pm. Guest instructors may make appearances, including current and former high school coaches and collegiate wrestlers, such as Rey Santiago, Brock Coutu, Greg Perry and more.