

2022 Lisbon Rec Youth Wrestling Clinic

November 10 through December 22

NO EXPERIENCE NEEDED...Wrestling clinics, practices & a season-ending tournament.



Cost: Registration fee of \$10/child (Lisbon residents) or \$20 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 2-8 and limited surrounding town students from Griswold, Canterbury, Norwich, Sprague, Franklin etc (if space available). No experience needed. Limited to 48 wrestlers, with 24 per age group (tentative groupings are grades 2-5 and grades 6-8, but may be adjusted if enrollment is significantly higher for either session). This is intended to offer local athletes a chance to try wrestling, with an opportunity to continue after the New Year at other local clubs if interested.

When: Tuesdays & Thursdays 4:15pm-5:25pm grades 2, 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). *Please note that if we have less than 24 sign-ups, we may combine the 2 session times into 1 slot only of 5:30 to 6:45pm.*

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: Early November through late Dec (approximately 6 weeks, with a concluding tournament for those who attend at least 2/3 of the sessions). Start Thurs Nov 10, continue Nov 15 & 17, skip Thanksgiving week of Nov 22 & 24, resume Nov 29 & Dec 1, continue Dec 6 & 8; Dec 13 & 15; Dec 20 and a concluding tournament on Dec 22 (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").
- 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, please understand space limitations for spectators.

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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 bring it with you for first practice.

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 or a few other non-sanctioned events). See www.usawmembership.com to enroll. Numerous private wrestling clubs are offered in the region, such as Top Game in Plainfield as well as town-run program at the new Windham Community Center with the Silverback Wrestling Club. 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 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/>

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 temperatures below 32 degrees) will be announced by 3pm. Guest instructors may make appearances, including current and former high school coaches and collegiate wrestlers.