



# WRESTLING 2023



## REGISTRATION: January 6, 2023 – February 6, 2023

- For your convenience, you can now register online @ [www.ymca-thomasville.org](http://www.ymca-thomasville.org)
- Register at the YMCA or Online before 6pm on Feb 6th
- **\$20.00** Late Fee Registration after Feb. 6<sup>th</sup>

**Refund Policy:** Upon approval & prior to a child starting the program, a partial refund of 80% will be issued.

No refund after the first session.

**AGES:** 5-12 Must be 5 by sign up. (Feb. 14<sup>th</sup>)

## FEES:

- **Member Fee \$50.00**
- **Potential Member Fee \$70.00**

Financial assistance is available for qualifying individuals per the YMCA's ability to fund. Please pick up and return a completed financial assistance application to the YMCA prior to February 2, 2023.

Information is subject to change. Updates will be sent via text. Sign up for alerts at:  
**[WWW.YGAMETIME.COM](http://WWW.YGAMETIME.COM)**

## PROGRAM INFORMATION:

The Thomasville YMCA offers a 6 week wrestling program. Participants learn the basic techniques and fundamental holds to help them become better wrestlers. Conditioning is also a valued part of this program. The instructors are comprised of Thomas County School Coach Ray Williams, Neil Williams, and players.

## WRESTLING ATTIRE:

It is recommended that wrestlers wear tight compression shirts & shorts, and wrestling shoes to prevent both tears to the clothing and injuries while wrestling. Also, if you have gently worn wrestling shoes that you are not in need of, please consider bringing them to the introduction meeting as a donation to a child in need.

## INTRODUCTION MEETING:

**Tuesday February 7, 2023 at 6:00pm** at the Butler-Mason YMCA.

Weigh-in and review rules.

**PRACTICE:** \*All practices at the Butler-Mason YMCA gym.

**Dates:** **February 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>**

All Practices will be held on **Tuesday nights 6-7pm.**

Wrestling shoes highly encouraged.

**\*\*Time subject to change based on number of participants\*\***

**For more information contact Noah Voyles @ (229)226-0133 or [nvoyles@ymca-thomasville.org](mailto:nvoyles@ymca-thomasville.org)**

It is the mission of the Thomasville YMCA to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Financial assistance is available for those that qualify. Please see Member Services for details. [www.ymca-thomasville.org](http://www.ymca-thomasville.org)