



WRESTLING Spring 2019



REGISTRATION: November 1, 2019 – February 8th, 2019

- For your convenience, you can now register online @ www.ymca-thomasville.org
- Register at the YMCA or Online before 6pm on Feb 8th
- **\$20.00** Late Fee Registration after Feb. 8th

AGES: 5-12

FEES:

- **Member Fee \$50.00**
- **Potential Member Fee \$60.00**

Financial assistance is available for qualifying individuals per the YMCA's ability to fund. Please pick up an application at YMCA and return completed for financial assistance by January 25, 2019.

YGametime:

Visit YGametime website in order to stay up to date on important wrestling information.

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.

Register between Nov1-Dec 31 for your name to be entered in our Prize Giveaway Drawing on Jan 4th!

WRESTLING ATTIRE :

It is recommended that wrestlers wear tight compression shirts 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.

INTRODUCTION MEETING:

Tuesday, February 5, 2019 at 5:45pm at the Butler-Mason YMCA Gym.

Weigh-in and review rules.

No refunds after first practice, 80% refund prior to first practice upon approval.

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

Dates: February 12^h, 18th, 26th March 5th, 12th, 19th

All Practices on Tuesday (except Monday 2/18) nights 6-7pm.

Wrestling shoes highly encouraged.

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

For more information contact Wade Davidson @ (229)226-0133 or wadavidson@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