



WRESTLING Spring 2020



REGISTRATION: November 25, 2019 – February 7th, 2020

- For your convenience, you can now register online @ www.ymca-thomasville.org
- Register at the YMCA or Online before 6pm on Feb 7th
- **\$20.00** Late Fee Registration after Feb. 7th

AGES: 5-12

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 January 31, 2020.

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.

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 4, 2020 at 6:00pm 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 11th, 17th, 25th March 3rd, 10th, 17th

All Practices on Tuesday (except Monday 2/17) 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