

Marauder Wrestling Club

Spring/Summer 2022 Session

For boys entering grades 5 – 12 in Fall 2022

Tuesday & Thursdays June 16 – July 14

7 – 8:30 p.m.

Register at: https://www.regpack.com/reg/templates/build/?g_id=100910210

MARAUDER WRESTLING CLUB

OBJECTIVES:

1. Provide instruction by professional coaches
2. Utilize a safe & clean environment
3. Develop advanced wrestling skills
4. Prepare for the 2022-23 competition season
5. TO HAVE FUN!

All instructional sessions will take place in the St. Joe's Auxiliary Gym/Wrestling Room, home of the St. Joe's Marauder Wrestling Team. Train in one of the finest facilities in the region!

The fee of \$25 includes 9 instructional sessions.

Each session will include warm-up exercises, technique demonstration, drilling and live wrestling.

TRAINING CALENDAR: 7 – 8:30 p.m.

Thursday, June 16

Tuesday, June 21

Thursday, June 23

Tuesday, June 28

Thursday, June 30

Tuesday, July 5

Thursday, July 7

Tuesday, July 12

Thursday, July 14

EQUIPMENT:

All club members must have a t-shirt, shorts and wrestling shoes for every session. Parents are welcome to attend all sessions.

ALL TRAINING SESSIONS HELD AT:

St. Joseph's Collegiate Institute – Auxiliary Gym • 845 Kenmore Ave. • Buffalo, NY 14223

Enter at Door #12 from the back parking lot across from the Robert T Scott, AFSC Athletic Complex

Contact Head Wrestling Coach Pete Kennedy at 716.874.4953 or

pkennedy@sjci.com with any questions.

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