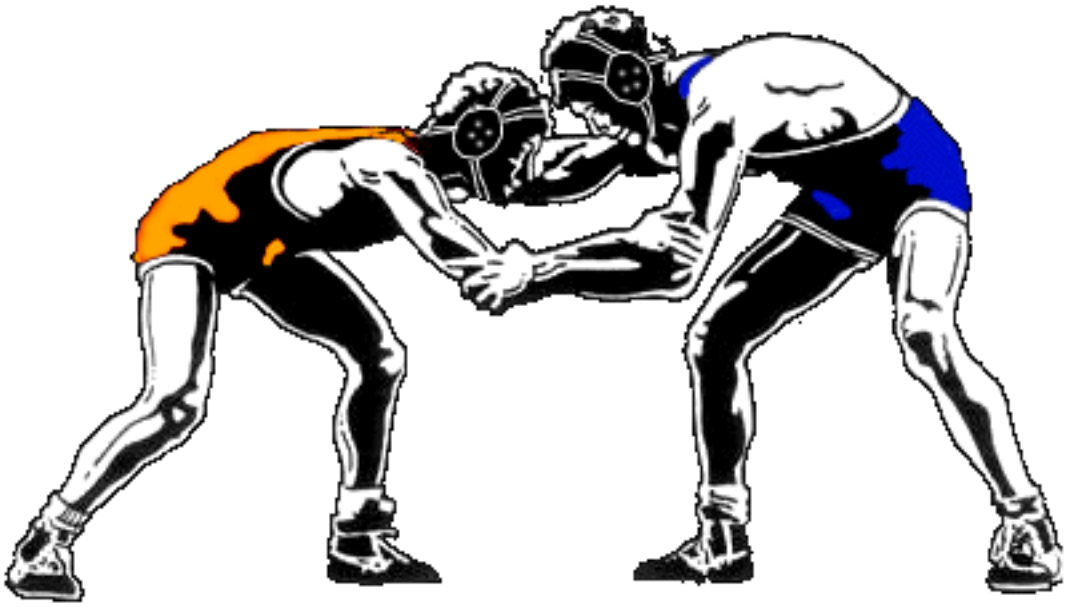


AP Modified Wrestling

Signups end October 30th

Signup now at www.familyid.com/averill-park-central-school-district-athletic-department

Athletes will be taught the basics of wrestling including Takedowns, Escapes, Reversals and Pinning Combinations.

Practice will consist of learning new moves, drilling, conditioning, live wrestling and ending with a game.

All wrestlers are paired up with a partner that is their size and ability.

Throughout the season there is a focus on sportsmanship, leadership skills, discipline, and fitness.

There are several Suburban Council matches and 2 tournaments throughout the season. At matches all wrestlers will be paired up with an opponent that is within 10 % or less of their weight and within their skill and ability range.

Practice starts November 21st from 5:45pm-7:15pm at the High School Wrestling Room

Practices will be Monday thru Friday

For more info contact Coach Obadiah Savage savageo@apcsd.com

Coach Keith Meissner meissnerk@apcsd.com