

Want your child to learn how to be a great leader?
Want your child to be physically and mentally fit?
The answer is WRESTLING.

Wrestling teaches self discipline and the value of hard work.
It builds confidence, mental toughness, and teaches self reliance.
Give your child the edge to success in life.



MASSAPEQUA YOUTH WRESTLING PROGRAM

Massapequa High School Wrestling Room

Tuesdays/Thursdays

Session 1: 6:30-7:30pm for Grades 1 – 3

Session 2: 7:45-8:45pm for Grades 4 – 6

Dates: November 8th, 2018 – February 7th, 2019

Cost: \$225 for entire season (*includes singlet, shirt, and shorts*)

USAW Card Needed - \$15 (www.usawmembership.com/login)

Register online at www.massapequawrestling.com

Bring check made payable to Friends of Massapequa Wrestling on first day

Coaches:

Matt DeLorenzo
2x County Champ
2x NCAA Qualifier
Columbia University

James Ondris
County Champ
SUNY Cortland

Chris Perez
2x County Champ
NCAA Qualifier
Princeton University

Ron Serrano
County Champ
Conference 1A
Coach of the Year

MASSAPEQUA
WRESTLING

MASSAPEQUA YOUTH WRESTLING PROGRAM

A DISTRICT-WIDE PROGRAM TEACHING STRENGTH, AGILITY,
HONOR, AND INTEGRITY IN STUDENT ATHLETES.

www.massapequawrestling.com