

St. Joe's Youth Wrestling Club



For boys in grades 1 - 8
December 1 through January 28
Monday & Wednesday
Evenings 6 - 8 p.m.

Contact Pete Kennedy
874-4953
pkennedy@sjci.com

Training Calendar All sessions 6 - 8 p.m.

December 1 December 3
December 8 December 10
December 15 December 17
December 29 December 31*
*10 a.m.—Noon

January 5 January 7
January 12 January 14
January 21
January 26 January 28

January 14 will include a scrimmage in the main gym before the St. Joe's varsity match!

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**30 hours of instruction,
AAU membership, t-shirt and shorts for
\$150.**

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All training sessions held at:

St. Joseph's Collegiate Institute
845 Kenmore Ave.
Buffalo, NY 14223

Enter from the back parking lot across from the
Robert T. Scott, AFSC Athletic Complex

PLEASE COMPLETE AND RETURN THIS FORM WITH CHECK FOR \$150 MADE PAYABLE TO ST. JOE'S

Mail to Pete Kennedy, 845 Kenmore Ave. Buffalo, NY 14223

Name _____ Age _____ Grade _____ T-Shirt Size _____

Current School _____ City _____ Zip _____

Address _____ Phone _____

Phone _____ Emergency Contact _____

Consent to Treat and Release: I hereby give permission to the officers, employees, agents, trainers and staff of the St. Joe's Youth Wrestling Club to take whatever action is necessary for the health and welfare of my son including consenting on my behalf to any and all medical treatments, procedures, operations and/or hospitalizations. I understand that sports involve physical activity that can result in serious injury. I further agree to hold St. Joe's and the aforementioned staff members harmless, indemnify them for all medical bills incurred for the treatment of my child and release them from liability for any injuries incurred by my son while attending the St. Joe's Youth Wrestling Club.

Parent/Guardian(Print Name) _____

Parent/Guardian Signature _____ Date _____

Wrestling is one of the fastest growing sports in the United States. It is a sport that develops strength, agility, speed, toughness, work ethic, and encourages athletes to live a healthy lifestyle.



St. Joe's Youth Wrestling Club Objectives:

- To introduce the sport of wrestling to new athletes
- To develop wrestling skills in a safe and fun environment
- Reinforce good habits and a healthy lifestyle
- HAVE FUN!



Wrestling is the only sport where it doesn't matter how big you are or how strong you are! Wrestlers are grouped in practice and competition based on weight.



St. Joe's Wrestling Club members will have the opportunity to test their skills at optional tournaments throughout Western New York.



All instructional sessions will take place in the St. Joe's Auxiliary Gym, the home of the St. Joe's Marauders Wrestling Team. Train in one of the finest facilities in Western New York!

The St. Joe's Youth Wrestling Club is open to boys in grades 1 through 8. It's OK to join if you have no wrestling experience or even if you've been wrestling already for years. All that matters is that you are open to learning and that you want to have fun!



Each session will include warm-up exercises, stretching, technique demonstration and drilling, along with opportunities for live wrestling. ***Club members will always be paired with wrestlers their own age, size and skill level.***



The fee of \$150 includes fifteen instructional sessions, AAU membership along with St. Joe's Youth Wrestling Club t-shirt & shorts.



St. Joe's Youth Wrestling Club Staff

Club Director

Pete Kennedy '97

- Head Wrestling Coach - St. Joe's
- 2005 MMHSAA Coach of the Year
- 2004 Empire State Games Eastern Region Men's Open & Freestyle Coach
- USA Wrestling Copper Certified
- St. Joe's all-time leader in coaching victories
- In the past 11 years Coach Kennedy has helped 43 wrestlers earn All-Catholic honors and eight earn NYCHSAA state titles
- Admissions Director at St. Joe's

Head Instructor

Craig Ostrum '02

- Asst. Wrestling Coach - St. Joe's
- 2 time All-Catholic Champion
- 2002 NYCHSAA State Champion
- 2007 Graduate of Penn State
- Project Engineer at Astronics Luminescent Systems

Current and former St. Joe's wrestlers will also serve as instructors.



Equipment:

All club members must have a t-shirt, shorts and sneakers or wrestling shoes for every session.

Parents are welcome to attend all sessions!