

P.A.L. YOUTH WRESTLING

“Once you’ve wrestled, everything else in life is easy”



Come be a part of one of the best wrestling programs on Long Island!

WHERE: ONE JOHNSON PLACE, WOODMERE: WOODMERE EDUCATION CENTER (WEC)

WHEN: Tuesday and Thursday nights beginning Thursday October 26th
(Ongoing registration at practice. If you miss first practice you can sign up at practice any Tue or Thurs at practice)

TIME: 6:00 pm – 8:00 pm (Grades 3-8 will be separated by age and weight. Advanced wrestlers will stay later and do strength training depending on the day)

WHAT WRESTLING PROVIDES:

- EXERCISE THAT GROWING KIDS NEED.
- THE BEST SPORT FOR ALL AROUND DEVELOPMENT.
- AIDES IN THE DEVELOPMENT OF SELF-RELIANCE, PERSERVERANCE AND SELF ESTEEM
- BUILDS INDIVIDUAL AS WELL AS TEAM CHARACTER
- HAS HELPED INDIVIDUALS GET ACCEPTED INTO TOP COLLEGES AROUND THE COUNTRY

FOR MORE INFO CONTACT *STEPHEN JONES* **516-220-3773** or **Stephen.jones3@yahoo.com**
OR DIRECTOR/PO **Ray Lajarra @ 718-427-0317**

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IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS