

EAST SIDE YOUTH CENTER

2024-2025 WRESTLING SIGN UP

ESYC Wrestling Philosophy:

Our goal is to give our youth wrestlers a sound conditioning program and teach safe and effective wrestling moves and techniques. Win or lose, we teach our wrestlers to be supportive of their teammates and respectful to their opponents. We teach our wrestlers to be proud and confident in their skills and abilities, raising their self-esteem.

Ages and Team Eligibility:

- Boys and Girls Ages 5 and up through grade 6.

Registration & Open Mat: 6:15 – 7:15

- Mondays: 10/7, 10/14, 10/21 & 10/28
- Fridays: 10/11, 10/18 & 11/1

Location: 1140 E. Clair St. Allentown 18109



Needed at Registration:

- Athlete's birth certificate
- Last 4 digits of Social Security
- Health Insurance information
- \$35 Registration, \$60 fundraiser & a refundable \$20 workbond

Practices:

- Monday, Tuesday, Wednesday & Thursday nights from 6:00-7:45pm.
- Starting November 4th

Contacts:

Wrestling Coordinator Ron Simmons: 610-653-0613 or Coach Jeremy: 267-372-9265 or

Coach Riyell 484-773-4784 or Assistant Coordinator Mike 610-393-5591

Or via email to ronosimmons@gmail.com or damore.michael@gmail.com

The Allentown School District does not sponsor or sanction this program / event / activity