



Lynbrook Titans

47th Annual Wrestling Program

**Wrestling is fun.*

**Wrestling builds self-confidence.*

**Wrestling is the safest and oldest form of self-defense.*

Attention All Students!

- Ages:** 6 – 12
- Practice Sessions:** Saturday Mornings 10 AM – 12 PM
Thursday Evenings 7:15 PM – 8:30 PM
- First Practice & Registration:** Saturday, December 2, 2023, 10 AM - 12 PM
- Last Session:** Saturday, March 16, 2024
- Practice Location:** Atlantic Avenue School Gym (Kindergarten Center)
- Registration:** 11/14/23 & 11/16/23, 7:00 pm - 8:00 pm.
At the Lynbrook Kindergarten Center.
Or by mail or at the First Practice on 12/2/23.
Registration remains open during December.
- Fee:** \$195

About the program: The program is designed to help your son or daughter learn the basics of wrestling and self-defense. We also focus on physical fitness, and strength conditioning. Additional benefits of the program include improved self-confidence, self-discipline, and many others. **VOLUNTEERS ARE NEEDED.**

Please contact Hilary Becker at 516-887-0677 x-303 or Matt Shwom 631-755-0101 for more information or by email to hiliarybecker7@gmail.com.

To register by mail please fill out and return the form below to LYAA, % Becker Realty Services, 50 Hempstead Ave. Suite D, Lynbrook, NY 11563. Please make your check payable to LYAA. Please return the whole form (do not detach).

Child's Name: _____ Parent's Name: _____

Address: _____

Phone: _____ Age: _____

School: _____ Date of Birth: _____

Experience (No. of Years Wrestling if Any): _____

Email: _____

This program is not affiliated with any school district.



Child's Name: _____

Address: _____

Parent's Names: _____

Parent's Occupation: _____

Date of Birth: _____ Age: _____

Grade: _____

School: _____

E-Mail: _____

Home Phone: _____

Emergency Phone: _____

Previous No. of Year's in Program: _____

Please note any medical or special conditions below:

Check/cash:

Date:



****Wrestling is fun!!***

****Wrestling builds self confidence.***

****Wrestling is the oldest & safest form of self defense.***

****This is not WWF wrestling as seen on TV.***

****This is real wrestling!***

***Lynbrook Youth Athletic Association
Titan Wrestling Program
General Information***

***First Practice: Saturday, 12/2/23, 10 AM - 12 PM (Kindergarten Center Gym)**

***Last Session: Saturday, March 16, 2024 (*Jamboree)**

Award Ceremony: TBA

***All practices are held at the Atlantic Avenue (Kindergarten Center) Gym.**

***Saturday practices go from 10 AM until 12 PM.**

***Thursday night practices go from 7:15 pm – 8:30 pm.**

***Best to wear shorts, t-shirt, and sneakers or wrestling shoes.**

***Please change into wrestling shoes/sneakers before going onto the mats.**

***Jamboree is our private tournament, and everyone wrestles one match.**

***Good sportsmanship is mandatory.**

***Cursing will not be tolerated.**

***Safety always comes first.**

***No parents are permitted on the mats, and should not engage in trying to coach their child.**

***Positive reinforcement is always encouraged.**

***No fooling around, running in the hallways, locker room, or playing in the bleachers.**

***Wrestlers must stay in gym only. No one is permitted in the hallways.**

***Practice attire is shorts, tee shirt, and sneakers or wrestling shoes.**

***No zippers, buttons, ear rings, bling, or jewelry of any kind.**

***If you have to leave early, or arrive late please notify a coach.**

***No candy, gum, food, or drink is allowed except a water bottle. Please do not leave anything in the bleachers.**

***Fighting will not be tolerated.**

***Do your exercises, and bring in your exercise sheet every Saturday.**

***Don't bring valuables to practice.**

***You can only wrestle someone who is close in age and weight.**

***Brothers and cousins can practice together, but can't have a live match.**

***No talking while the coach is talking.**

***Mouth pieces are recommended, but should be worn with braces.**

***No fighting, kicking, or punching allowed.**

***Wrestlers must be close in age and weight.**

***Try to do your exercises everyday.**

***IF SCHOOL IS CLOSED THEN WE ARE CLOSED.**

***Please finish the season. The best fun happens at the end such as the Jamboree, award ceremony, photo day, etc., and all wrestlers get a t-shirt, and plaque.**

***We are not responsible for lost items. We do not have a lost and found, however, there is a lost and found in the GP room.**

***MOST OF ALL, HAVE FUN!!!**

This is not a school sponsored event.

Approved for distribution & posting
10/30/23 tkm Supt. Office

<i>DO YOUR BEST!</i>	<i>EXERCISE IS FUN!</i>	<i>EXERCISE IS HEALTHY!</i>	
----------------------	-------------------------	-----------------------------	--

<i>First Name:</i>			<i>Last Name:</i>		
--------------------	--	--	-------------------	--	--

DATE	PUSH UPS	SIT UPS	PARACHUTE JUMPS	LEG LIFTS	JUMP ROPE	PULL UPS	SQUAT THRUSTS	MOUNTAIN CLIMBERS
10/30/23								
10/31/23								
11/1/23								
11/2/23								
11/3/23								
11/4/23								
11/5/23								
11/6/23								
11/7/23								
11/8/23								
11/9/23								
11/10/23								
11/11/23								
11/12/23								
11/13/23								
11/14/23								
11/15/23								
11/16/23								
11/17/23								
11/18/23								
11/19/23								
11/20/23								
11/21/23								
11/22/23								
11/23/23								
11/24/23								
11/25/23								
11/26/23								
11/27/23								
11/28/23								
11/29/23								
11/30/23								
12/1/23								
12/2/23								
12/3/23								

BRING IN ON SATURDAY'S TO BE GRADED.	WRITE YOUR FULL NAME!!!
---	--------------------------------