



### **Victor Youth Wrestling (Advanced)**

Registration Dates: 10/23/2015 to 12/23/2015  
Start and End Dates: 11/23/2015 to 03/23/2016

### **Victor Youth Wrestling (Novice)**

Registration Dates: 10/23/2015 to 01/10/2016  
Start and End Dates: 01/11/2016 to 03/14/2016

Please go to the link below to register for Victor Youth Wrestling.

<http://www.victorwrestling.com>

## **Competitive Wrestling**

The advanced level wrestlers will be competing in the Greater Rochester Youth Wrestling League GRYWL (GRYWL) [www.grywl.com](http://www.grywl.com). The GRYWL is designed to be a competitive league for town based youth wrestling programs within the western New York and the Greater Rochester area region. If interested, please be sure to select the advanced session. There will also be several individual tournaments throughout the season that wrestlers will be encouraged to compete in, but this is NOT a requirement to participate in the Victor Youth Wrestling Club.

## **Philosophy of Victor Youth Wrestling**

Our goal is to teach basic wrestling fundamentals that our young athletes will use throughout their wrestling careers. We believe that mastering the fundamentals will enable our youth wrestlers to compete at the highest level within their age and weight division as well become a building block for future development. The coaching staff has several members who have competed at the NCAA Division 1 level and have coached athletes between the youth and varsity level.

In addition to teaching fundamentals of wrestling, the coaching staff will also provide a strong emphasis on character building and sportsmanship, strength and conditioning, and most importantly having fun!

## **Times & Locations**

Victor High School Wrestling Room

Advanced Session

Monday and Wednesday 6:30—8:00

November 23 - March 23

\* Advanced participants must be in 4th grade or have a minimum of 2 years of experienced. Advanced participants interested in competing in the GRYWL are REQUIRED to order a uniform.

Victor High School Wrestling Room

Beginners Session

Monday and Wednesday 6:30—7:30

January 11 - March 14

### **Questions?**

Contact Paul DeRycke  
657-2144