



Lions Wrestling Club



At Monsignor Farrell H.S. - 2900 Amboy Road, SI, NY 10306

Fall Season 2007- Rules & Schedule

- **Kid's Club (1st - 6th grades)**
 - Practice every Monday and Wednesday from 6-7 PM.
- **Middle School/High School Club (7th - 12th grades)**
 - Practice every Monday and Wednesday from 7-8:15 PM.
- Please be on time and try not to miss practice!
- Please do not wear your wrestling shoes outside of the wrestling room – the mats are cleaned before each practice to prevent mat disease.
- The coaches reserve the right to ask your son to leave practice if their behavior becomes an issue.
- For more information, please email Lou DeStefano at ldeste01@hotmail.com or Joe Cipriano at Jcipriano64@aol.com

Schedule:

- Monday, September 17
- Wednesday, September 19
- Monday, September 24
- Wednesday, September 26
- Monday, October 1
- Wednesday, October 3
- Monday, October 8 – No sessions, school is closed for Columbus Day
- Wednesday, October 10
- Monday, October 15
- Wednesday, October 17
- Monday, October 22
- Wednesday, October 24
- Monday, October 29 - 6pm *Last session – Intra-squad match & Pizza Party for all – parents are welcome.*

