

RYE RECREATION'S AND RYE COUNTRY DAY SCHOOL'S FALL WRESTLING CLINIC

SEPTEMBER 30TH –DECEMBER 2ND

NO SESSION ON 11/11 AND 11/25

**WEDNESDAY NIGHTS IN THE
RYE COUNTRY DAY ATHLETIC CENTER
REGISTRATION NOW OPEN. REGISTER ONLINE ONLY AT**

[Community Pass](#)



**GRADES 1-4
6:30 - 7:30**

**GRADES 5-8
7:30 - 8:30**

FEEES

**\$150 FOR CITY OF RYE RESIDENT OR
RYE COUNTRY DAY SCHOOL STUDENT**

\$175 / NON RESIDENT / NON-STUDENT



JOIN RYE COUNTRY DAY SCHOOL'S WRESTLING COACHES "RICH KNAZIK" AND "HIDAGO NASHIMA-BIO" FOR A GREAT WRESTLING EXPERIENCE! LEARN THE BASICS OF WRESTLING WHILE USING PROPER TECHNIQUE, TERMINOLOGY, AND SAFETY.

Coach Rich Knazik wrestled at SUNY Cortland and Walter Panas HS. He was the head wrestling coach of Riverdale from 1988-2003 and the head coach of Rye Country Day High School since 2003. He has coached many individuals and teams to wrestling championships.

Coach Hildago Nasashima wrestled at Riverdale and went on to be Riverdale's assistant coach from 1988-2003. He has been the Rye Country Day School Middle School wrestling head coach since 2003. He also coaches for Valhalla Pop Warner Football.