

Rye Recreation's and Rye High School's Spring Wrestling clinic

APRIL 27 – JUNE 15
Wednesday Nights

Rye High School Wrestling Room

Registration NOW OPEN

Register on-line by visiting our website www.ryeny.gov/recreation.cfm and clicking on the Community Pass link. Log-in and click on Browse Activities, then select Spring 2016

Program open to Boys and Girls
No wrestling experience needed



Grades 1 - 4
5:30 - 6:30 p.m.

Grades 5 - 8
6:30 - 7:30 p.m.



Fee
\$150

Join Rye High School's Wrestling Coach, Joel Jenson & Al Mercado, for a great wrestling experience! Learn the basics of wrestling while using proper technique, terminology, and safety.

Coaches:

Joel Jenson has been a part of wrestling since 1998. Joel has been a wrestler, coach, and official. As an athlete, he was a two time all league wrestler and one time all section. Joel studied under Steve Kimpel, former collegiate All-American, college coach, and author of Wrestle and Win. Joel has spent the past two season working with the Rye Wrestling program.

Al Mercado is currently a physical education teacher and the assistant to the athletic program at Rye High School. He has previously coached JV wrestling at Brewster Central School District. Al feels the sport of wrestling teaches athletes lessons which can translate to other aspects of life.