



Berlin/New Lebanon Youth Wrestling Registration

Grades K - 8

DATES & LOCATIONS

Wrestling will be held in the Berlin High School cafeteria on Wednesdays from 5:30pm -6:30pm and on Saturdays from 9 am to 10 am

Youth practices will start on December 8th and will run until January 29th. Please return completed forms as soon as possible.

PRACTICE

All participants should wear appropriate attire to every practice. This may consist of shorts/sweatpants and a t-shirt. Wrestling shoes are not required but recommended as wrestlers can not wear their normal sneakers on the mat and therefore would wrestle in their socks. Practices will consist of the demonstration of basic moves and skills needed to wrestle and will always end with a game that enhances these skills.

Questions / Concerns

If there are any questions or concerns please contact wrestling coach DJ Connolly.

Email: Dconnolly@berlincentral.org

Phone: 518-956-0862



Wrestler Information

Last Name: _____ First Name: _____

Initial: _____ Gender: Male/ Female Birth Date: ____/____/____

Grade: _____ weight: _____

Parent / Guardian Information

Guardian Name: _____

Guardian Address: _____

Guardian Home Phone: () _____ - _____

Guardian Cell Phone: () _____ - _____

Guardian Email: Same as above _____ @ _____

Signature: _____ Printed Name: _____ Date: _____