



# **SUFFERN YOUTH WRESTLING**

***SPONSORED BY RAMAPO P.A.L***

**“A TRADITION OF EXCELLENCE”**

**An Instructional Program for Elementary Age Students in the Town of Ramapo**

**Grades 2 thru 5**



- **Focus will be on basic skills, athleticism, and FUN!**
- **Practice will be every Monday and Wednesday in the SHS wrestling room from 6:00 PM to 7:15 PM**
- **Program starts on December 3**
- **Cost: \$55 (Wrestling Tee-Shirt and RPAL Membership included)**
- **Online Registration available at [suffernwrestling.com](http://suffernwrestling.com) or [ramapopal.com](http://ramapopal.com)**
- **Registration also available on the first day of practice**
- **Insured through Ramapo PAL**

**CONTACT JOHN CANTY FOR MORE INFORMATION AT [john118@mail.com](mailto:john118@mail.com)**



**REGISTRATION FORM**

**STUDENT NAME** \_\_\_\_\_

**SCHOOL** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CELLPHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**EMERGENCY CONTACT**

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• **Mail to: Suffern Mat Club, Inc. P.O. Box 101 Cherry Lane Tallman, NY  
10982 (CHECKS PAYABLE TO RAMAPO PAL)**