


# OGDENSBURG YOUTH WRESTLING



*Wrestling is one of the fastest growing sports in the United States. It is a sport that develops strength, agility, speed, toughness, work ethic and encourages athletes to live a healthy lifestyle.*

*Wrestling is the only sport where it doesn't matter how big you are or how strong you are!*

*Wrestlers are grouped in practice and competition based on weight.*

There will be a schedule of tournaments handed out during the season with tournaments taking place throughout New York State. Tournament participation and expense is on an individual basis with uniforms available from the club.

Ogdensburg Youth Wrestling is open to any child grades K-6th. The program will teach sportsmanship, hard work and confidence on and off the mat.

Wrestlers are divided into 2 groups.

## **ALL REGISTRATIONS ARE ONLINE AT [WWW.NYWAY.ORG](http://WWW.NYWAY.ORG)**

Click on direct link to be routed to Ogdensburg Team Page on NYWAY-

<https://www.nyway.org/page/show/1510570-ogdensburg-2025-2026-season->

**SEASON-**December-March **FIRST PRACTICE** is December 1<sup>st</sup> @ 5:30pm. ALL wrestlers will attend this practice and then will be split into 2 groups with younger wrestlers practicing at 5:30 and older at 6:30.

**DAYS-** Monday and Thursday

1<sup>st</sup> group-5:30-6:30

2<sup>nd</sup> group 6:30-7:30

**\*Please arrive early for the first practice so registration can be confirmed. Wrestlers will receive their t-shirt; full schedules and apparel will be available for purchase\***

**LOCATION-** Wrestling room at Ogdensburg Free Academy High School (Located between large and small gyms)

**FEE-** **\$45** includes NYWAY Individual membership fee & Ogdensburg Wrestling T-shirt)

**REQUIREMENT-**Shorts/sweatpants and T-shirt for practice. Wrestling shoes are preferred, however, you can wrestle in socks. Water bottles are allowed and can be left in hallway outside wrestling room.

**CONTACT-** Message us on Facebook or email us at ~ ~ [ogdensburgyouthwrestling@gmail.com](mailto:ogdensburgyouthwrestling@gmail.com)