



## Honeoye Falls - Lima Youth Wrestling Club Regular Season Registration

### For Beginner and Advanced Wrestlers

#### **Club Information**

**Coaches:** Brett Schrader, Rob Hatch & Mike O'Connell

**Note:** Please contact us should you be interested in assisting at practice. \*All coaches are required to have a background screening and complete the US Safe Sport Training required to coach or volunteer\*

**Grades:** K-6

**Cost:** \$125 for the first wrestler, \$50 family rate for each additional wrestler.

Contact Coach Brett (contact info below) for scholarship opportunities.

**Note:** For insurance reasons, every wrestler MUST obtain a NYWAY membership. This is done online at a \$25 cost. Please register for **BOTH** your NYWAY membership and Club Membership.

**Individual Membership-** <https://nyway.sportngin.com/register/form/172598491>

**HF-L Youth Team Page-**

<https://www.nyway.org/page/show/8253419?subseason=910641&tab=content>

**Need:** T-Shirt, shorts (or sweatpants), wrestling shoes & water bottle. We have some shoes for athletes to borrow on a first come, first serve basis.

**Competition/Tournaments:** We encourage our wrestlers to get out there and compete! Tournaments start getting posted in early December for the season.

**GRYWL:** We compete in the Greater Rochester Youth Wrestling League for the GRWYL Cup. We are the back-to-back 2024 and 2025 GRYWL League Champions!!!

**Schedule:** November 18, 2025 to March 19, 2026

**Practice Times:** Tuesday, Wednesday & Thursday 6pm -8pm

**Location:** Manor School Gym (Parking Lot Side)

**For additional questions contact:** Brett Schrader (585) 469-7351 or email [HFLYouthWrestling@gmail.com](mailto:HFLYouthWrestling@gmail.com)

**“Once you’ve wrestled, everything else in life is easy” — Dan Gable**