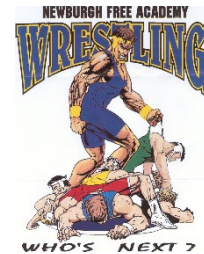




NEWBURGH WRESTLING “FUTURE STARS” KIDS WRESTLING PROGRAM* (GRADES 3-6) 2024-2025



FUTURE STARS WRESTLING PROGRAM: The purpose of our program is to expose your child to the sport of wrestling. This is not the WWE! Your child will be learning the moves and techniques that are used by High School and College wrestlers (Folkstyle). Our goal is to make the program fun so that your child will be motivated to continue and eventually go out for our 7th/8th Grade-Modified team and then onto our JV and Varsity teams at the High School level.

We will sponsor one “Kids night” during the season where our “Future Stars” will get to go out with our Varsity team during a home dual meet, warm up with the team, and get introduced with one of the Varsity wrestlers.

The wrestling room at NFA-North is the home of Newburgh Wrestling for all ages. It is located at the NFA-North Campus. Many feel that this is the toughest sport out there. To become successful at it you must start at an early age. Our wrestlers are special people; we want them to do well “on” and “off” the mat. It is important to us that they learn how important their academics are, in addition to their sport. Wrestling teaches life skills. Many very successful people, in all walks of life, attribute their success to our sport. Give us a try. We would love to have you join our family. Sessions are 6:30-7:45 pm.

INSTRUCTORS: Coach Chris Leggett is an NFA graduate, class of 1986 where he was a Section One Champion and Most Outstanding Wrestler of the section. Coach Leggett wrestled for five seasons at Division 1 James Madison University. He has been the JV/Varsity Assistant coach at NFA since 1996 and will be entering his 13th season as Head Varsity Coach. Coach Leggett was the 2007 Friends of Section 9 Wrestling Assistant Coach of the Year. Coach Leggett was the recipient of the 2019 Friends of Section 9 Coach of the Year. Our “Future Stars” Coach this season will be Nick Conetta. Coach Conetta is an East Stroudsburg University grad where he competed as a member of the University’s Wrestling program. Prior to East Stroudsburg, Coach Conetta competed collegiately at LIU-Post where he achieved all Collegiate NYS placing 8th. Coach Conetta competed scholastically at Chester Academy and was a 2X Section 9 Champion. He has served as an assistant coach at Chester and Pine Bush the previous two years as well as youth coach at Warwick and Minisink. Coach Conetta will be an assistant for Varsity/ JV this season. Coach Will Parks will continue his role with Future Stars as an assistant coach. Coach Parks is a SUNY Cortland grad where he wrestled and was Captain his senior year. Coach Parks wrestled scholastically at Longwood High School on Long Island. Coach Parks is entering his 9th season as Varsity/JV Assistant Coach. Coach Parks was the 2020 Friends of Section 9 Wrestling Assistant Coach of the year. Additional Instructors will be made up of members of the current NFA wrestling team.

SESSIONS: (16-sessions) NFA-North Campus Auxiliary Gym - 6:30-7:45 pm
12/3(Tues), 12/5(Thur), 12/10(Tues), 12/12(Thur), 12/17(Tues), 12/19(Thur), 1/2(Thur), 1/7(Tues),
1/8 (Wed), 1/9(Thur), 1/13(Mon), 1/16(Thur), 1/21(Tues), 1/23(Thurs), 1/28(Tues), 1/30(Thur)

* Future Stars Night: Newburgh (Varsity) vs Pine Bush @ NFA Main Gym - 6:00 pm
No session if school is closed/ afternoon activities cancelled.

FEES: All members must make an annual purchase of a NYWAY wrestling card (\$25) as well as pay a registration fee. Your membership will include a T-shirt.

Fee: (\$150.00: \$125 Registration Fee + \$25 NYWAY Card)

Registration can be done online at:

E-Mail Coach Leggett at cjgleg@hotmail.com for any additional information