



# Girls Wrestling



## 2023-24 Spartan Girls Youth Wrestling

**Focus:** Girls wrestling is the fastest growing sport in America. This is an opportunity for our girls to learn about wrestling and the basic fundamentals. We will focus on developing skill, techniques, and mat awareness strategies. Practices will cover hand fighting, takedowns, defense, turning and pinning, and much more. Please be ready to have lots of fun!

**Practices:** Practices will be conducted at the O'Rourke Middle School Back Gym, and also at the BH-BL High School Wrestling Room.

**GIRLS (K-4) FRIDAYS, 6-7 pm @ OMS Back Gym (Boys Locker Room Side)**

**GIRLS (4-8) FRIDAYS, 7-8:30 pm @ OMS Back Gym (Boys Locker Room Side)**

**ALL GIRLS SATURDAY MORNINGS 8-10 am @ BH-BL High School Wr. Room**

**Starts:** ALL GIRLS - Sat. Nov. 4, 8 - 10 am at BH-BL HS Wrestling Room

**Ages:** For any girls interested in wrestling, grades K - 8.

**Things to Bring:** Water Bottle, Wrestling Shoes or Socks, T-Shirt, and Shorts.

**Cost:** \$50



### REGISTRATION OPTIONS

**OPTION 1: QR Code** - Use the QR Code To The Right To Register:

**OPTION 2: ON-LINE LINK** To Register - [Click Here](#)

**OPTION 3: IN-PERSON SIGN-UPS & REGISTRATION** - Sometimes it's better to talk to someone face to face. We can answer any questions you may have. In addition, we'll have a donated box of wrestling shoes and t-shirts available on-site to try on. We can also collect any payments.

**WHERE:** BH-BL High School Lower Cafeteria      **WHEN:** Thursday, Oct. 26, 6:30 - 8 pm  
Saturday, Oct. 28, 8 - 10 am

**PAYMENT** Once payment is received, your child will be officially registered.

**CHECKS PAYABLE TO:** BH-BL Wrestling Booster Club

**PLEASE SEND TO:** Coach Steve Jones  
45 Sandalwood Lane  
Glenville, NY 12302

### QUESTIONS / CONTACTS

#### BH-BL Girls Youth Wrestling

##### Head Coach

Dianna Acors  
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#### BH-BL Youth Girls Director

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