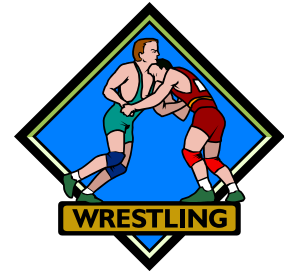


Watertown Recreation Department
149 Main Street - Watertown, MA 02472
Phone 617-972-6494 • (F) 617-926-6129
recreation@watertown-ma.gov • website: www.recreation.watertown-ma.gov

Program: Wrestling Program

Who: Grades: 1-12

When: Wednesday or Thursdays
April 3, 2019 – May 30, 2019
(Meets once a week for 8 weeks)
No class on 4/17,4/18



Time: 6:00pm - 7:00pm on Thursdays for Grades 1-4
6:00pm - 7:00pm on Wednesdays for Grades 5-8
7:15pm - 8:15pm on Wednesdays for Grades 9-12

Where: Watertown High School Wrestling Room

Fee: Residents Only \$25.00

To Register Online: Go to our website at www.recreation.watertown-ma.gov
and select “**Online Registration**”

Description: This program introduces the basics of traditional wrestling. Priority will be on basic skills of balance, strength, discipline, and technique while having fun.

Registration is on a first come first serve basis

Maximum of 25 participants

**Watertown Recreation Department
Wrestling Program Grades 1-12**

Name: _____ Address: _____

School: _____ Grade: _____ Age: _____ D.O.B. _____ Gender: _____

E-mail Address: _____ Cell Phone: _____

Daytime Phone: _____ Evening Phone: _____

Parent/Guardian: _____ / _____
(Print) (Signature)

Fee: Resident \$25.00

Child's Shirt Size: (circle one) **Youth:** S M L XL **Adult:** S M L XL (If Applicable)

Please make checks payable to “**Town of Watertown.**” **Please return registration to Recreation Office. Do not return to the school department.**

Please register your email on the “**Notify Me**” on our website www.recreation.watertown-ma.gov to receive future program information.

The Watertown Recreation Department has **Facebook, Twitter, Instagram and YouTube** pages. The Facebook address is [WatertownRecreationDepartment](https://www.facebook.com/WatertownRecreationDepartment) and the Twitter address is [@Watertownrec](https://twitter.com/Watertownrec). The address for Instagram and YouTube is [watertownrecreation](https://www.youtube.com/watertownrecreation).

Watertown Recreation Wrestling Program Fact Sheet

Coaching Staff: Head Coach: Jim Coutoumas

Practice Attire: * Wrestling Shoes (*order online or call Olympia Sports*)
* Head Gear (Optional)
* Snug Fitting Tee Shirt
* Shorts or Sweat Pants
* Mouth Guard for Braces (Optional)

Competition Attire: Singlet (provided)
Wrestling Shoes (*order online or call Olympia Sports*)
Head Gear

No Hats, Hooded Shirts, Tennis Shoes, Jeans or Other Zippered Clothing

Comments: SAFETY is THE PRIORITY. Any wrestler engaging in unsafe actions will be warned and then asked to observe only for the remainder of practice session.

Wrestling shoes should be worn on wrestling mats ONLY; this prevents dirt and debris from being tracked onto the mat. Wrestling shoes are very important for safety and confidence. Shoes can be purchased at local sporting goods stores or online at various retailers such as www.wrestlinggear.com

Singlets will be distributed at the dual meets. They are expected to be washed and returned the following session.

Headgear is required for competitions but recommended for practice as well. They can also be purchased at www.wrestlinggear.com.

Wrestlers will not be permitted to leave Watertown High School without parental supervision. Please come into the Wrestling Room to pick-up your child.

Events and Wrestling Schedule to be announced!

- Participants will have the opportunity to practice and work on skills used in our wrestling program against other youth ran wrestling programs in the Massachusetts area.
- Such events will consist of clinics or scrimmage-based wrestling with other teams, live wrestling matches against opponents in the same weight range, and individual wrestling tournaments with a structured weight bracket where coaches will help instruct participants throughout the event.
- All events are meant to help introduce participants to the historic sport of wrestling, while teaching technic and positive sportsmanship to opponents and peers!
- For any questions of concerns please contact Head Coach Jim Coutoumas.
Email: jcoutoumas@watertown-ma.gov
Phone: 617-972-6494

Sign up for email updates through “**NOTIFY ME**” at the Watertown Recreation Department’s website www.recreation.watertown.ma.gov and visit the Watertown Recreation Department’s Facebook, Twitter, Instagram and YouTube pages. The Facebook address is [WatertownRecreationDepartment and the](#) Twitter address is [@Watertownrec](#). The address for Instagram and YouTube is [watertownrecreation](#).